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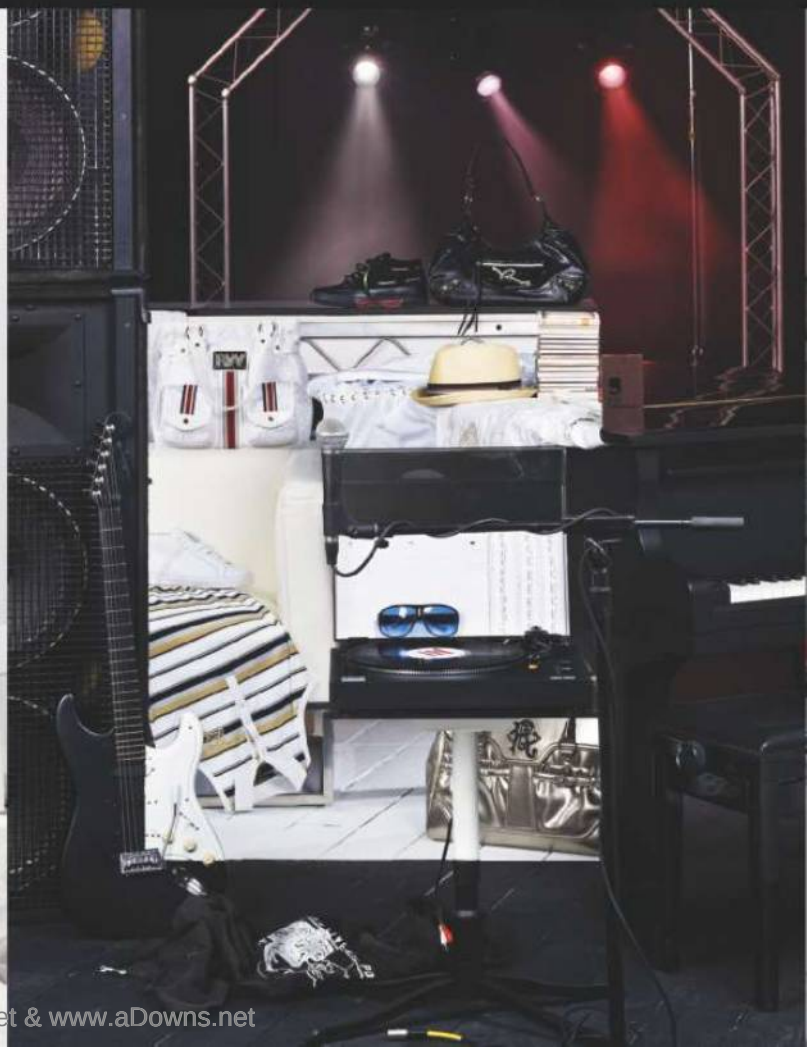
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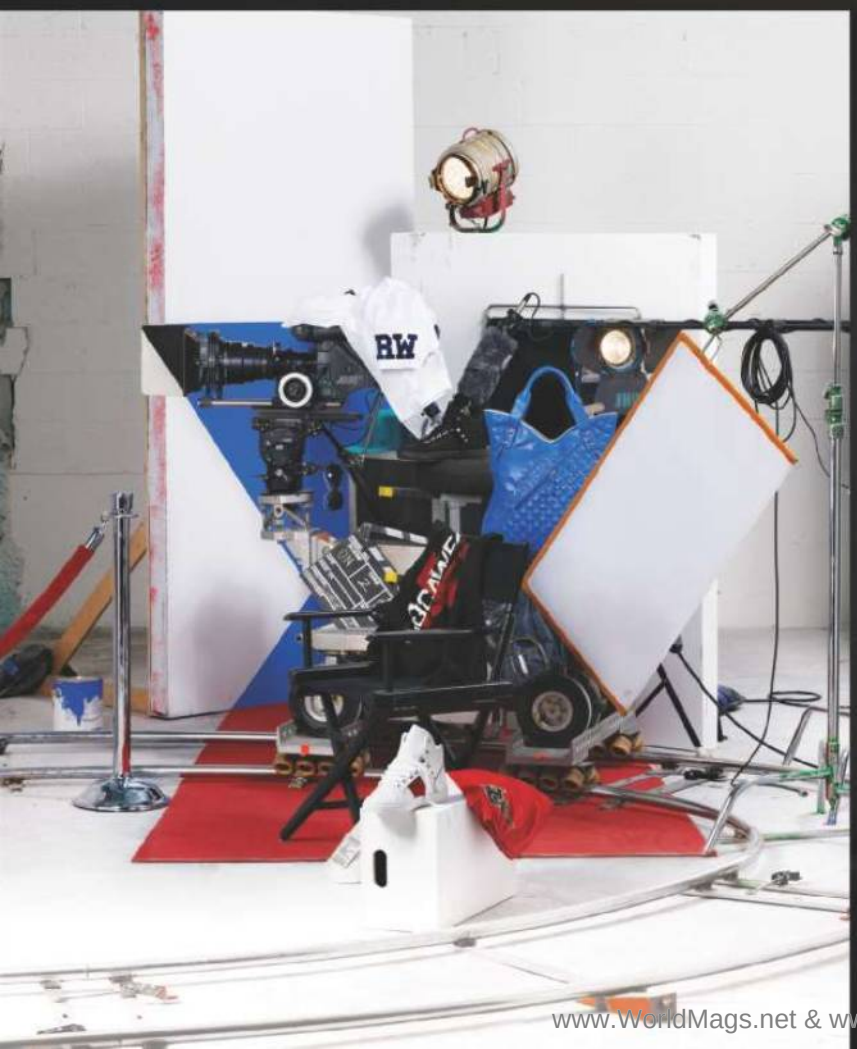




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BEAUTY ROAD TRIP
Great looks from around the US!



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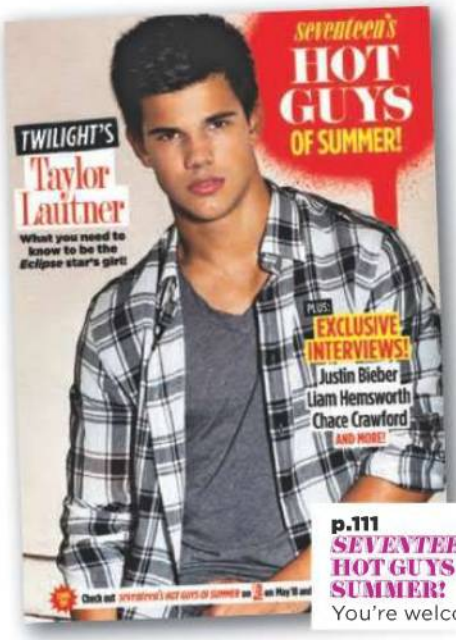
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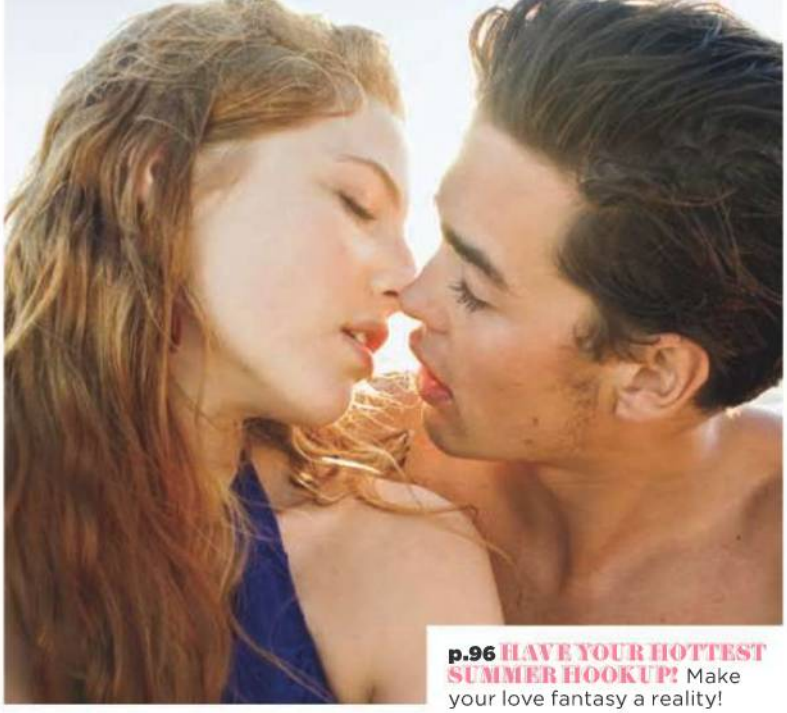
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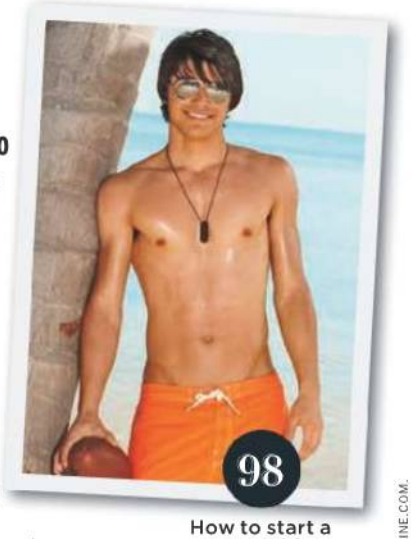


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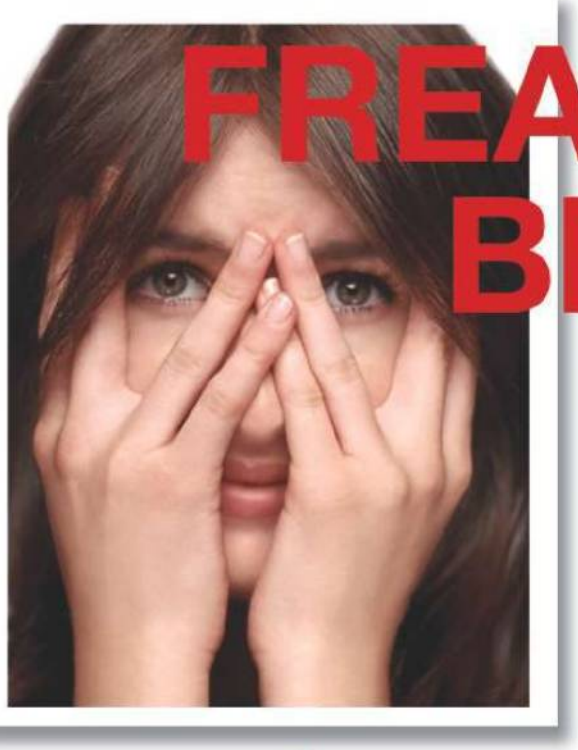


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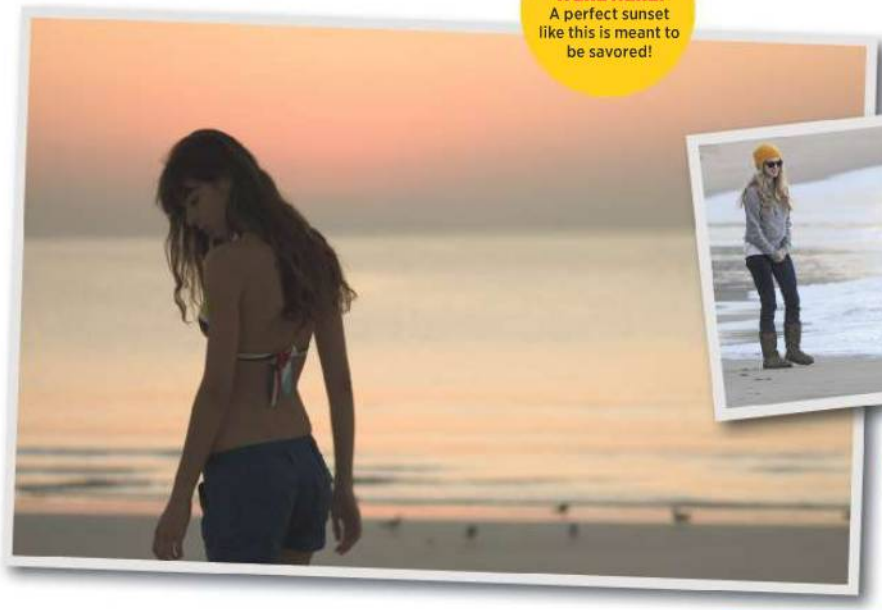
Hi from Ann!

When was the last time you sent a text? Or logged on to Facebook? Or checked your IM buddy list to see if your crush had signed on? Probably not that long ago, right? There's been **a ton of news** recently about how teens are *constantly* wired: Reports say that, on average, teens use some kind of technology almost eight hours a day and that teen girls send more than **3,000** texts a month! But that's not really news to you. When you need a friend's opinion on a pair of shoes you want at the mall, all you have to do is **text** her a pic. If you're bored, you can check your News Feed on Facebook. It doesn't feel like you're changing the way people communicate. (Take it from me—you *are*.) It just feels like your *life*.

But all that **constant** contact can be a little suffocating. After all, if you can reach out to get your friend's opinion on everything, she can bug *you* nonstop too. And if you're always looking for high-tech entertainment, you miss out on the chance to just **daydream.** This summer, we all need to **unplug** a little bit. (I'll admit I could use a break from my BlackBerry.) Take a long walk in your neighborhood at dusk with a friend instead of IM'ing with her. Be **present** with your family on vacation instead of Twittering about it. Decide what you want to buy because you like it, **without texting** your friends for approval. There are so few **delicious days** of summer—you need to make every single one count. And when you go back to school in the fall, people will really want to know what you did over the break—because they won't already have read about it on Facebook!

PS: Of course, you can friend me on Facebook and follow me on Twitter at seventeen.com/friend—but I promise I'll respond to every single girl who writes me an old-fashioned snail-mail letter this month! Send it to: Ann Shoket, *Seventeen* Magazine, 300 W. 57th Street, 17th Floor, New York, NY 10019

XOXO
-A.



WISH YOU WERE HERE! A perfect sunset like this is meant to be savored!



SUMMER LOVE What's more romantic than a cell phone–free stroll on the beach? Nothing—and clearly Miley and Liam agree.

DOG DAYS Amanda Seyfried steals some low-tech bonding time with her dog Finn.

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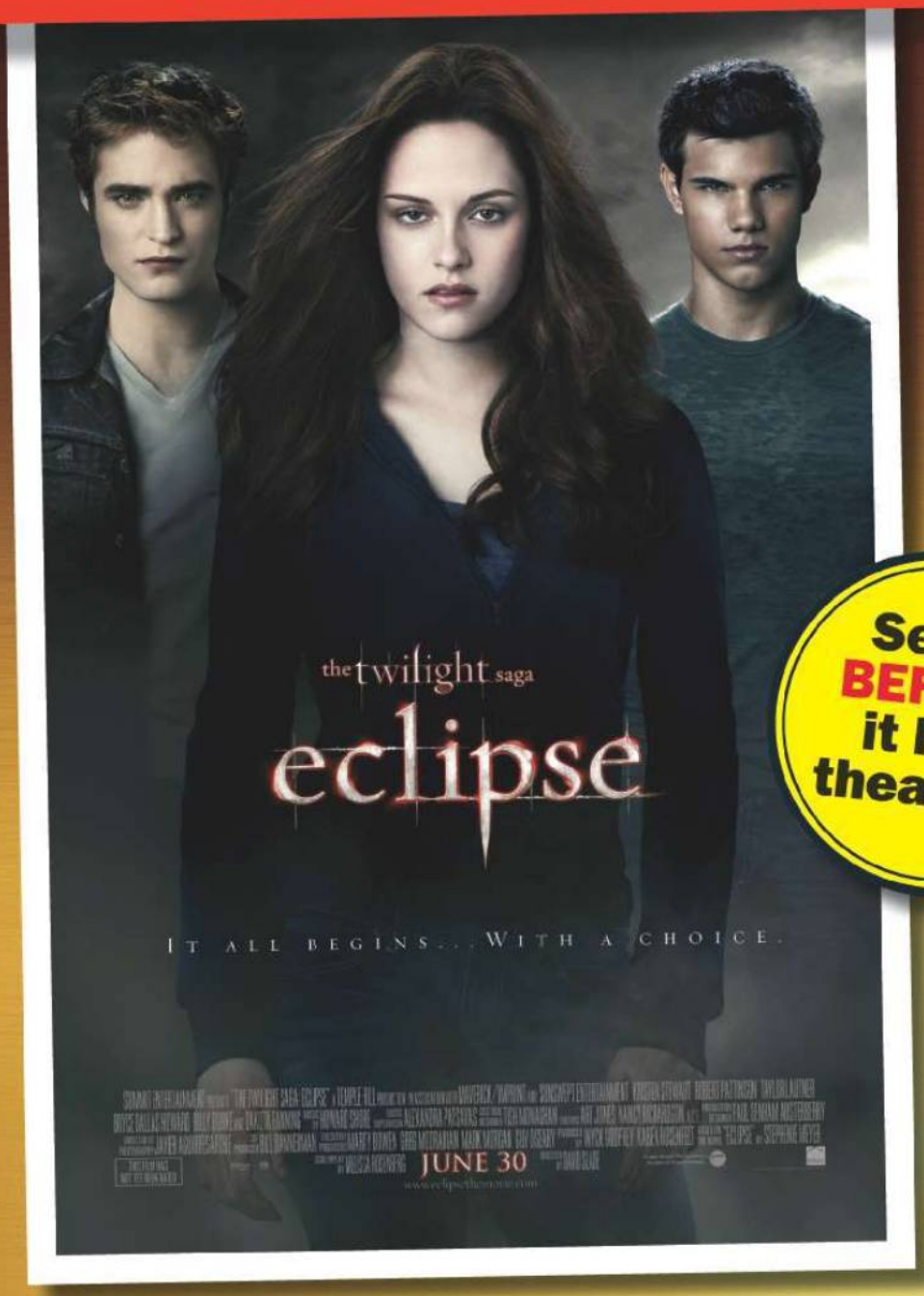


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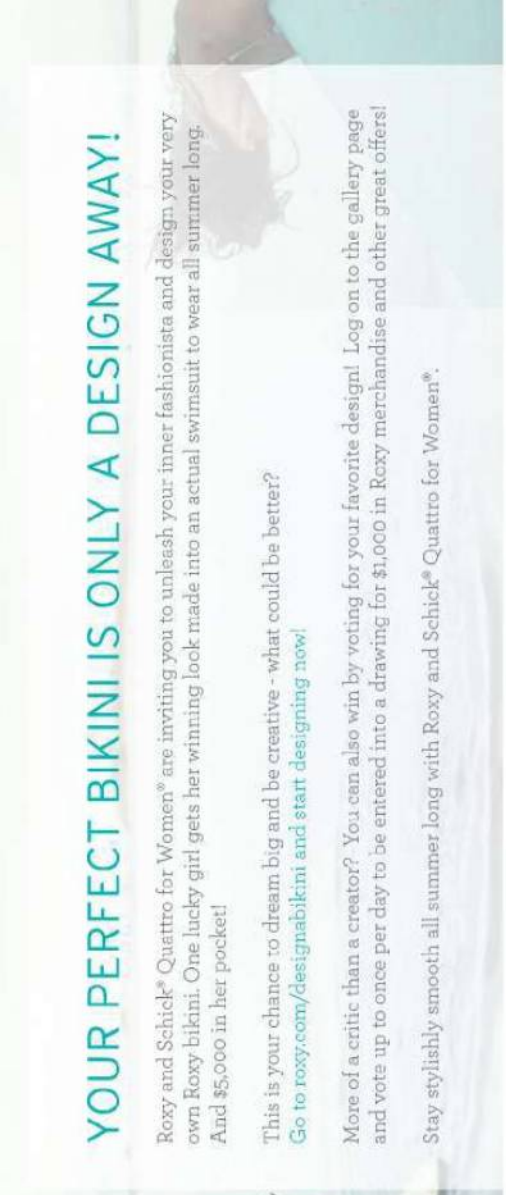
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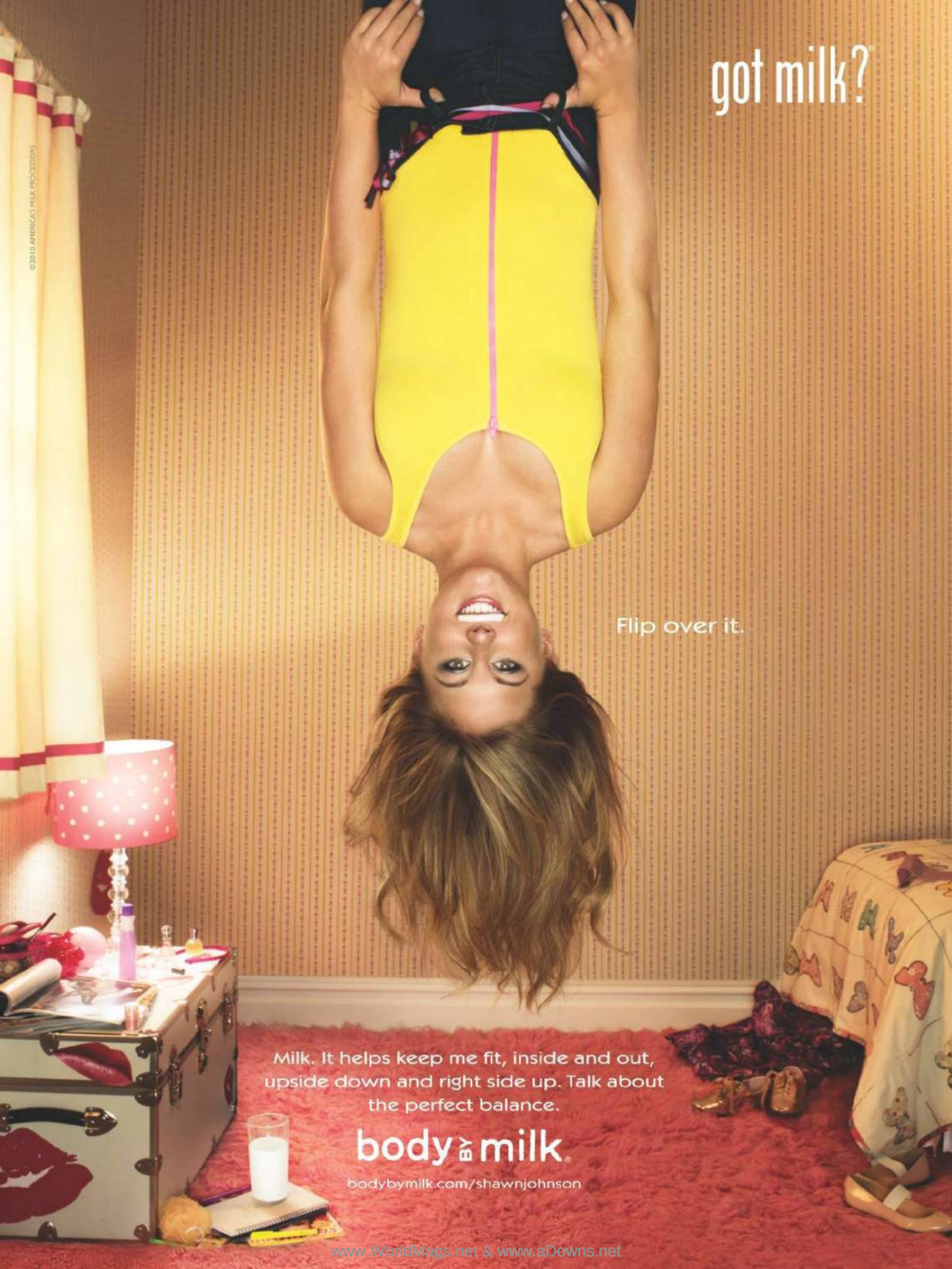
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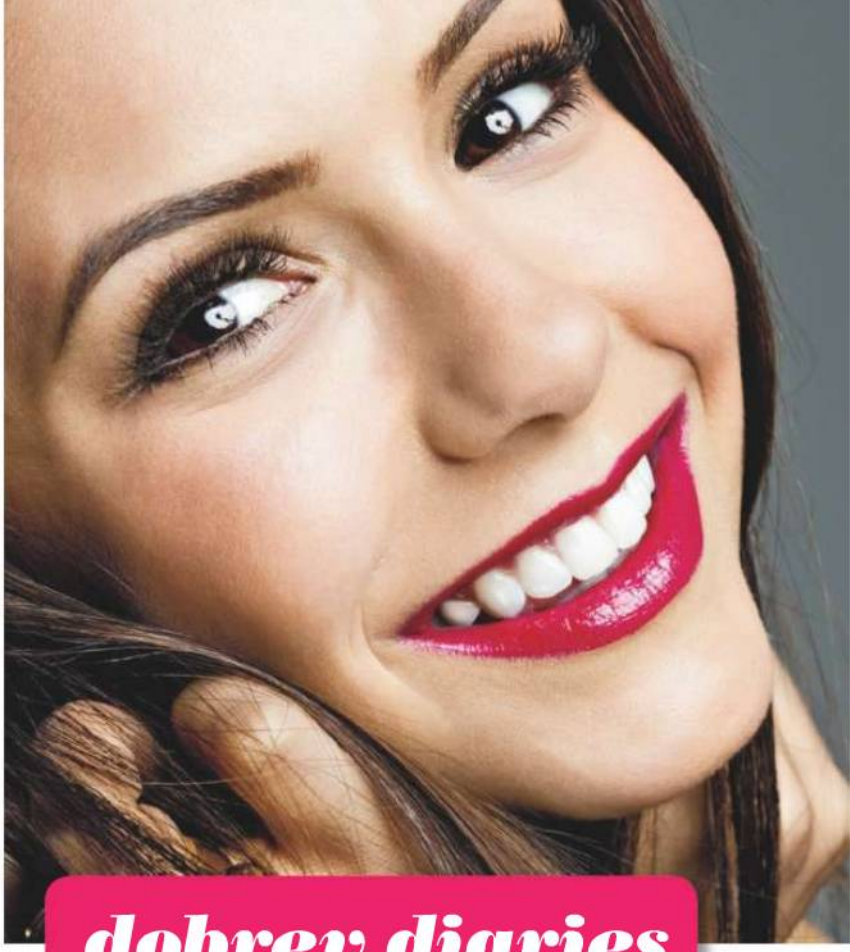
Here are the e-mails about the April issue that got us talking!



OH, BOY!

"In the story 'I'm Addicted to Bad Boys,' I agreed when Erica said that guy drama (though exciting) was addictive and **dangerous.** But I think the biggest lesson was how she realized that she didn't need to rely on any **guy** to feel better about herself. She reminded me that you can be **independent** whether you're in a relationship or not. I don't need a guy to complete me, and knowing this makes dating so much less stressful!"

–KIARA, 20, MACON, GA



dobrev diaries

Nina Dobrev got me thinking when she admitted how **difficult** it was to try to "divide" herself between TV, movies, and college. She wanted to be successful at it all but found that each was suffering. I always put **pressure** on myself to be perfect at school and to be the best employee at my job. (I work at Hollister, just like Nina did!) It causes me a lot of stress! When Nina said that "there is no such thing as perfect—you do the best you can and have fun," it made me **realize** that when I stop obsessing over being the **best** and let myself have fun, I actually end up doing a better job!

–MARISSA, 17, WALLED LAKE, MI

VEGGING OUT

I'm a **vegetarian,** so I was so happy to see the "Go Veggie, Stay Healthy!" article. Finally, **yummy** foods that I can actually eat! I'm most excited about the Teriyaki Portobello Burger, because I'm in love with pineapple. Putting it on a **burger**? Genius! I'll be trying that ASAP. Thanks, *Seventeen.*

–TAYLOR, 17, SOUTHFIELD, MN



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NATURAL BEAUTY

When my **best friend,** Lara, and I got our copies of the April issue, we immediately got together to have an at-home **spa session** and to try out the 'Super Foods for Super Hair!' We did the coffee rinse to boost our natural hair color, and the cantaloupe-banana smoothie to get rid of **frizziness.** After we were finished with our hair, we decided to go out and buy ourselves facial **masks** from the drugstore, then we even made our own body scrub! Our hair (and faces) looked and felt **amazing,** and it ending up being the most **fun** day ever! Thanks, *Seventeen,* for the **inspiration**!

–OLIVIA (RIGHT), 16, WITH BEST FRIEND, LARA, 16, GREENWICH, CT

STICKY FINGERS

I just want to thank you for sending out a **warning** to readers in "I Couldn't Stop Shoplifting!" I'm the same as Tiffany: I have great friends and I don't drink or smoke, but I **shoplift.** The only **difference** is I haven't gotten caught—yet. Her story was a wake-up call that if I continued stealing, I would have to **deal** with consequences one day. My parents don't **struggle** to work hard every day to raise a thief!

–JACQUELINE, 15, CA

love police



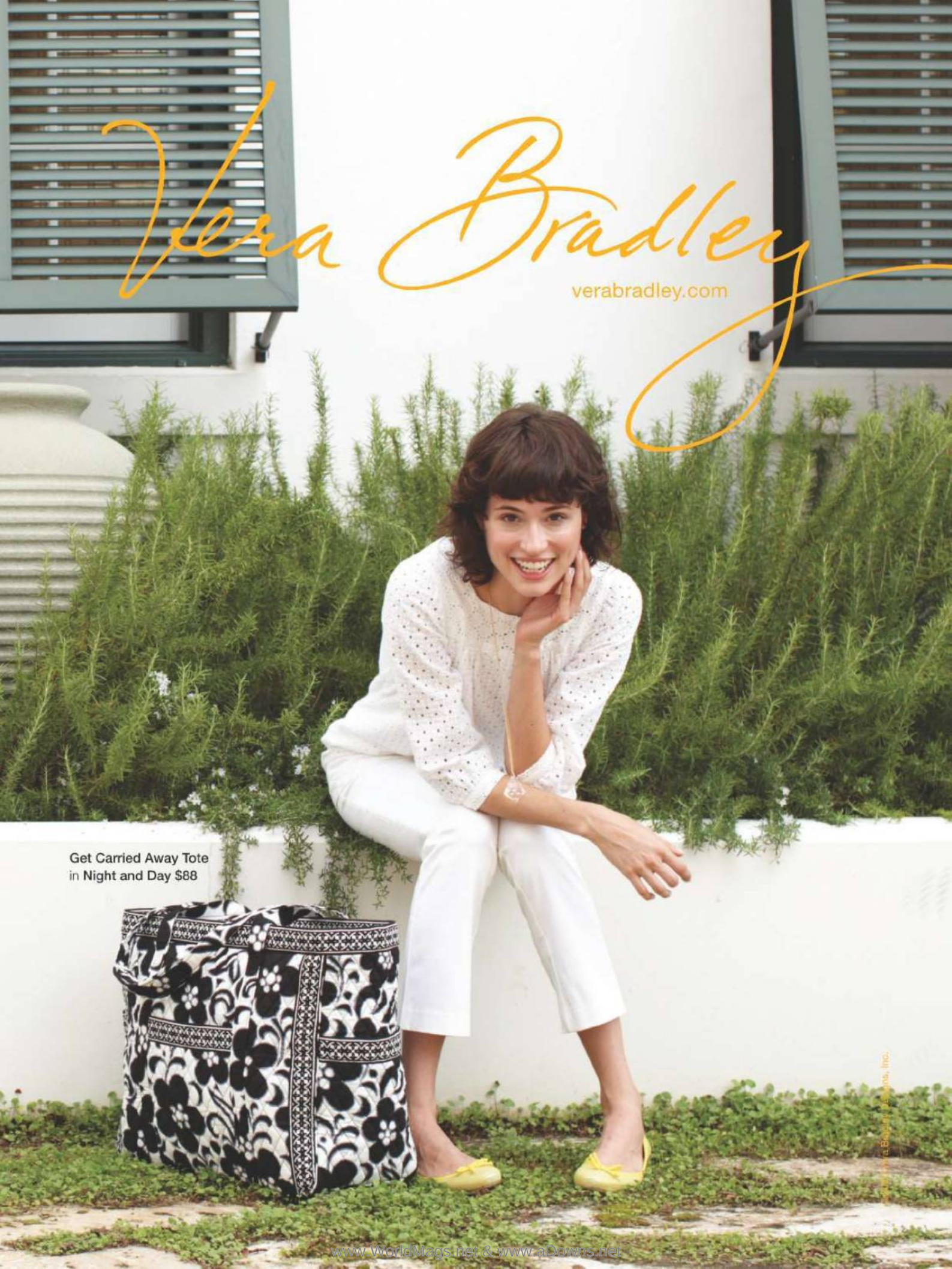
I **disagree** with your advice in "True Love Crimes" about getting one free pass if you cheat on your BF. I cheated once and I felt **horrible** about it, even though I knew in my heart that I would **never** do it again. I still felt like it was only fair to confess to my boyfriend, then let *him* make up his mind. Fortunately he **forgave** me and offered me a second chance. But no matter what might happen, honesty is always one of the most **important** things in a relationship, and it includes fessing up to all your **mistakes**—especially the bigger ones, like cheating.



–KRYSTYNA, 18, MANNASSAS, VA

STILL LIFES: (BANANA) BRIAN HAGIWARA; (CANTALOUPE) © SQUARED STUDIOS.

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Are you ready to make body and beauty peace? Sign our Treaty at seventeen.com/bodypeace.

ending my body war



I always saw the Body Peace Treaty and never **bothered** to read it because I hated my body so much. Eventually I got help at an eating disorder **rehab** facility, and I started really reading the Body Peace column. Now I'm in my **senior** year, and the column has helped me to accept that I'm not perfect, I'm never going to be, and I never want to be. I've even spoken about my **experiences** to the girls at my sister's sorority. I've finally signed the Body Peace Treaty, and when I flip through my *Seventeen,* I see healthy and **confident** girls like me.

–HANNAH, 17, WAYNE, PA

COUGAR CONFRONTATION

In the April issue, I flipped to "Cougar Moms" immediately. The story could have been about *my* **mom.** She clings to my **guy friends** and wears clothes that *I* should be wearing. After reading the story, I **confronted** her about how I wanted her to go after men her own age. Harsh, but I think she **understood** because now she is dating a man only two years younger than she is. Phew!

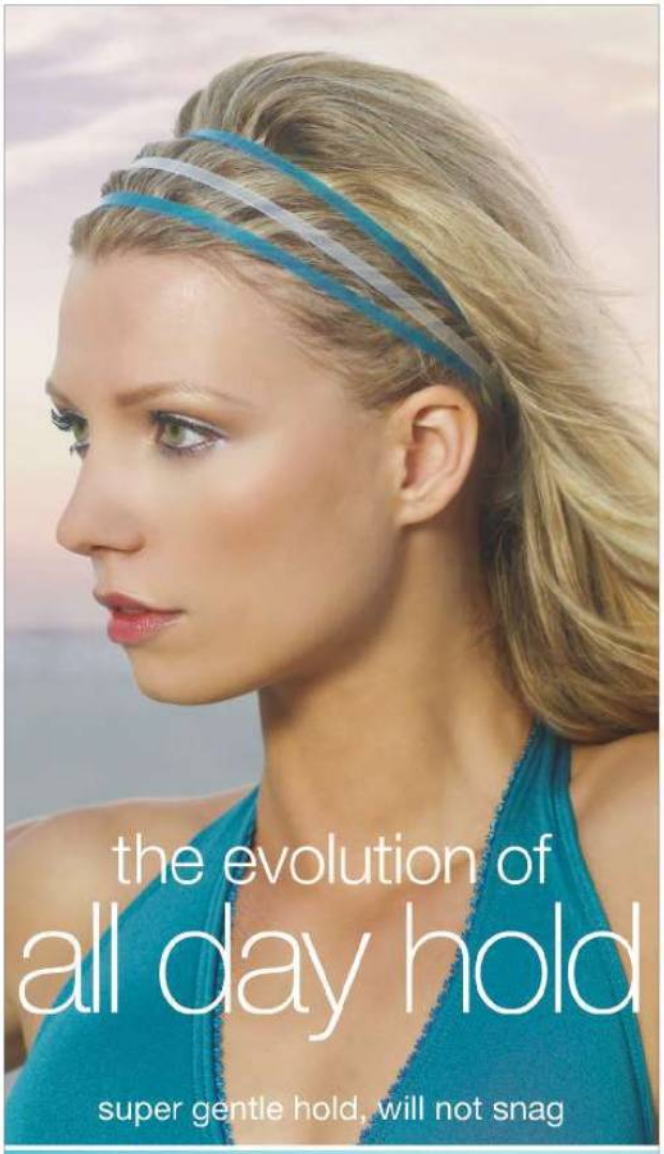
–BECKY, 19, SCRANTON, PA

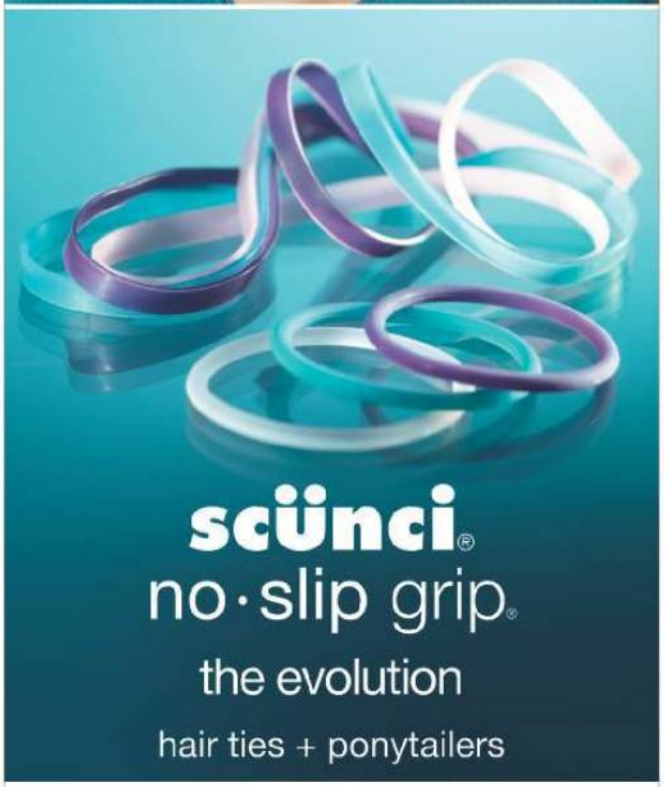
GREEN QUEEN



"I really liked '17 Fun Ways to Go Green!' I've always been a big **advocate** of helping the **environment,** but sometimes it can be tough to finds things to do that *really* make a **difference.** *Seventeen* made me see that little things that are super-easy, like reusing my own water bottle instead of buying disposable **plastic** ones, *do* help. Plus, it saves me **cash**!"

–MONICA, 16, PLYMOUTH, MI





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- A luxuriously seductive shower experience
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NIVEA TOUCH AND BE TOUCHED.

get ashley's summery look

Even a girl who's naturally flawless still needs a little extra sparkle—here's how Ashley gets hers!

bronzer
Chanel Soleil Tan de Chanel Moisturizing Bronzing Powder in Désert Corail, $50, department stores

lip gloss
Chanel Lèvres Scintillantes Glossimer in Meteore, $27, department stores



Top by Cynthia Steffe. Earrings by Marc by Marc Jacobs. Fashion Stylist: Beau Quillian. Hair: Mark Townsend. Makeup: Francesca Tolot. Photographs: Jonty Davies.

temporary tattoo
Chanel Exclusive Creation Temporary Skin Art, $75 for package of five sheets, chanel.com

eyeliner
Chanel Long Lasting Eyeliner in Violine, $28, department stores



seventeen reader reward

FREE NAIL POLISH!

DON'T MISS OUT: SUPPLIES ARE LIMITED!

ULTA™ BEAUTY



Get a free Nicole by OPI Nail Lacquer!

Bring this coupon to any ULTA store to receive a free Nicole by OPI nail polish. Pick any shade!

Beginning May 25, 2010, bring the June/July 2010 issue of *Seventeen* to a participating ULTA store and show this page to receive one (1) bottle of Nicole by OPI Nail Lacquer. You can also go to **seventeen.com/nicolebyopi** to print this coupon. One per person. While supplies last. There are 10,000 Nail Lacquers available nationwide. Once all Nail Lacquers have been distributed, there will be no substitute product given away.

Cashier: Please use coupon code 0-00000-00234-9

STILL LIFES: J MUCLKE/STUDIO D.

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CHECKITOUT!

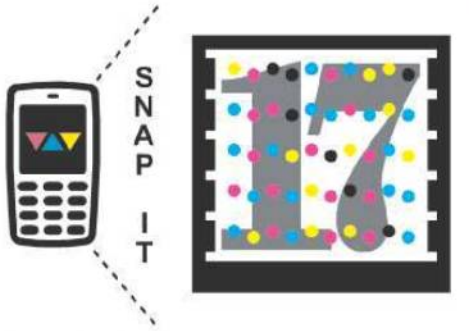
Enter *Seventeen*'s "Summer Fun" Sweepstakes!

Calling all girls—summer is in full effect and it's time to hit the beach! Enter *Seventeen*'s **"Summer Fun"** sweepstakes for the chance to win the ultimate prize package including a **$200 shopping spree** for hot new beach gear, an **iPod™ nano** to load all your favorite hits, and a **beach bag** filled with goodies. With this prize, summer vacation is sure to be a blast!

Enter *Seventeen*'s "Summer Fun" sweepstakes—right now! It's crazy easy!
Step 1: Just download the free app at http://gettag.mobi
Step 2: Scan your smartphone over the bar code on this page
Step 3: Depending on your phone, the sweepstakes entry page should launch immediately!

For help, visit **seventeen.com/gettag**.

No smartphone? Go to **seventeen.com/summerfun** to enter.



Get the free app for your phone at **http://gettag.mobi**

Your carrier's MMS/picture messaging and standard carrier rates may apply. You must have a camera-enabled phone capable of sending pictures. Program available on most carrier networks and in the U.S. only. For complete mobile terms and conditions, please log on to Microsoft.com/tag.

NO PURCHASE NECESSARY TO ENTER OR WIN. *Seventeen*'s "Summer Fun" Sweepstakes sponsored by Hearst Communications, Inc. Go to seventeen.com/summerfun and complete and submit the entry form beginning at 12:01 a.m. ET on 5/18/10, and ending at 11:59 p.m. ET on 6/28/10. Odds of winning will depend upon the total number of eligible entries received. Open to females who are legal residents of the 50 United States and the District of Columbia, ages 13-24. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at seventeen.com/summerfun.

Enter the "Be Clearly Inspired" Contest!

Do breakouts hold you back? Tell us what you would do if you had clearer skin. Would you try out for the school play, or ask out your crush? Go to **seventeen.com/epiduo** to enter-to-win the chance to have your dreams come true!

JUNE National Acne Awareness Month
Proudly Supported by GALDERMA

NO PURCHASE OR PAYMENT OF ANY KIND IS NECESSARY TO ENTER OR WIN. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. "Be Clearly Inspired" Contest. Sponsored by Hearst Communication, Inc. To Enter: Go to seventeen.com/epiduo beginning 12:01am ET on 5/18/10 through 11:59pm ET on 7/5/10 and submit a brief essay (100 words or less) describing what you would do if you had clearer skin. Contest winner will receive $1,500 cash to use towards fulfilling what they would do if they had clearer skin. Must be 13-24 years of age, and a legal resident of 50 United States or District of Columbia at time of entry. Void in Puerto Rico and where prohibited by law. Contest subject to complete official rules available at www.seventeen.com/epiduo.

Who's Worth It In Your Community?

WOW somebody today! Visit **womenofworth.com** and tell us about a woman whose volunteer work is making a beautiful difference in her community. **L'Oréal Paris** will award a donation of up to **$25,000** in her name to support her most charitable cause. Because We're All Worth It™!



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Don't miss your chance to win free stuff! One lucky winner will receive a **$500 shopping spree** and gift bag filled with a year's supply of STAYFREE® products. Go to **seventeen.com/checkitout** to enter!

stayfree.com

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NO PURCHASE NECESSARY TO ENTER OR WIN. STAYFREE® Sweepstakes is sponsored by Hearst Communications, Inc. To enter, go to seventeen.com/checkitout. Entry period begins 5/18/10 at 12:01 am (ET) and ends on 6/28/10 at 11:59 pm (ET). To enter, complete entry form pursuant to onscreen instructions. Must be 13 to 24 years old and a resident of the United States or the District of Columbia. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to official rules available at seventeen.com/checkitout.

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JUNE FREEBIES!

1 WINNER
GRAND PRIZE!
WORTH $100
Enter every day to increase your chance of winning!
Enter to win four bikinis, a beach tote, a cover-up, and shorts from Op.
[swagbag]



Look hot poolside! Visit seventeen.com for your chance to win one of these bikinis, tankinis, or one-pieces!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Save this calendar to win every day in June!		1	2	3	4	5
XOXO			 Animal Instinct tankini [spots]	 Rainbow bikini in white [pink]	 Rainbow bikini in black [stripe]	 Enchanted bikini [fun]	 Animal Instinct monokini [lime]
AERIN ROSE	6	7	8	9	10	11	12
	 Polynesian Midnight bikini [flower]	 Midnight bikini [navy]	 Polynesian Coffee bikini [brown]	 Shadow bikini [shadow]	 Waterfall bikini [tiedye]	 Marrakesh top and violet bottom bikini [purple]	 Black bikini [black]
GOSSIP	13	14	15	16	17	18	19
	 Check It Out bikini [sporty]	 Paradise Cove tankini [shape]	 Sticks & Stones bikini [sticks]	 Serengeti bikini [ties]	 Techno Stripe bikini [halter]	 The Upside tank and shorts [upside]	 Palm Beach tank and shorts [tankini]
KMART	20	21	22	23	24	25	26
	 Joe Boxer Bluebird bikini [cutout]	 Joe Boxer deep lavendar bikini [girly]	 Joe Boxer Crochet Ombré bikini [nice]	 Joe Boxer Eastern Tile bikini [ruffle]	 Joe Boxer Dredsen blue halter and boyshort [cool]	 Joe Boxer raspberry rose bikini [flirty]	 Joe Boxer tie-dye bikini [splash]
SWIMSPOT.COM	27	28	29	30			
	 Reef Abstract Jungle bikini [sexy]	 Reef Abstract Jungle tankini [surfer]	 Reef Inca Trail bikini [bright]	 Reef Hear Me Roar bikini [wild]			

HOW TO ENTER: Starting June 1, log on to seventeen.com/freebies daily and type in the Freebie Phrase of the Day [in red] to be eligible to win that day's prize. But hurry—each Freebie will be live for just 24 hours (except the grand prize, which is live all month), beginning at 12 A.M. ET. Winners will be posted online the next weekday by 10 A.M. ET. Go to seventeen.com/freebies or page 167 for details.

STILL LIFES: (AERIN ROSE) PHILIP FRIEDMAN. STILL LIFES STYLIST: (AERIN ROSE) MIAKO KATOH. PORT: FRED MONTANA/SPLASH NEWS.

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Extreme Lip Glider Lip Gloss 3.69

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JULY FREEBIES!

More ways to turn up the heat in a flirty suit at the beach. Enter every day to win at seventeen.com.

1 WINNER
GRAND PRIZE!
WORTH $390

Enter every day to increase your chance of winning!

Enter to win the ultimate beach swag bag from Roxy, which includes three bikinis, board shorts, sunglasses, and a beach blanket!

[ultimate]



ROXY

HOW TO ENTER: Starting July 1, log on to seventeen.com/freebies daily and type in the Freebie Phrase of the Day [in red] to be eligible to win that day's prize. But hurry—each Freebie will be live for just 24 hours (except the grand prize, which is live all month), beginning at 12 A.M. ET. Winners will be posted online the next weekday by 10 A.M. ET. Go to seventeen.com/freebies or page 167 for details.

Save this calendar to win every day in July!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				CRYSTAL JIN		
				1 Watercolor bikini [color]	2 Plunging Neckline one-piece [plunging]	3 Seagrass bikini [seagrass]
AÉROPOSTALE						
4 Solid Cutout monokini [black]	5 Wavy Watercolor monokini [monokini]	6 Plaid bikini [plaid]	7 Zig-Zag Dotted bikini [ring]	8 Rainbow Striped bikini [bandeau]	9 Solid tankini [purple]	10 Hibiscus Print bikini [flower]
VOLCOM						
11 Sneak Peak bikini [cute]	12 Smock Puppet bikini [smock]	13 Hazzard Stripe bikini in aqua [blue]	14 Dot Spot bikini in black-and-white [flirty]	15 Hazzard Stripe bikini in orange [stripe]	16 Dot Spot bikini in aqua [halter]	17 Hazzard Stripe bikini in black-and-white [zebra]
EXPRESS						
18 Black Ruffled bikini [sexy]	19 Blue string bikini [cool]	20 Blue halter bikini [fun]	21 Green halter bikini [casual]	22 Blue string bikini [wild]	23 Leopard string bikini [leopard]	24 Halter bikini [hot]
RAISINS						
25 Blue Crush bikini [crush]	26 Santa Barbara bikini [fierce]	27 Wild Rose bikini [rose]	28 Indie Pop bikini [pop]	29 Northshore bikini [cobalt]	30 Summer Soul tankini [summer]	31 Super Fly bikini [super]

STILL LIFES: (VOLCOM) PHILIP FRIEDMAN. STILL LIFES STYLIST: (VOLCOM) MIAKO KATOH. TISDALE: STARSURF/SPLASH NEWS.

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events

Journeys Backyard BBQ

Seventeen is back for a second serving of the Journeys Backyard BBQ—a FREE, all-ages event featuring Skate, BMX and Freestyle MX demos by Ryan Sheckler, Carey Hart and Bucky Lasek. You can also check out live musical performances by The Red Jumpsuit Apparatus, Anberlin and Framing Hanley. Plus, *Seventeen* is hosting a "Tent of Style" where you can get a body art design, win tons of prizes, take home freebies from sponsors like **ABC Family**, **GOSSIP SWIMWEAR**, **Hyperion Teen's unREQUIRED READING**, **Splat™ Rebellious Hair Color** and so much more! For more info about this FREE event, go to **journeysbbq.com**.

Saturday May 22nd (12-7PM)
W.S.T. Southpark - Strongsville, Cleveland, OH

Saturday May 29th (12-7PM)
Northshore Mall, Boston, MA

Saturday June 5th (12-7PM)
CoolSprings Galleria, Nashville, TN





style pro pick



Style Pro Allison

Jellypop Shoes

Step into these adorable **"Perfect" Jellypop flats**, trimmed with fresh eyelet and a flirty satin bow! **Jellypop Shoes** is an inspired collection of spunky free-spirited styles—comfortable, affordable and perfect for the Jellypop girl's dynamic lifestyle!

To see more of your favorite Jellypop Shoes, check out **jellypop-shoes.com**!

XOXO,
Allison



17 suggests

Check out Ashley Greene's cover shoot!

Get a sneak peek behind the scenes at **Ashley's cover shoot** right on your phone! Here's how:

Step 1: Just download the free app at http://gettag.mobi
Step 2: Scan your smartphone over the bar code on this page
Step 3: Depending on your phone, the video should launch immediately!

For help, visit **seventeen.com/gettag**.

Your carrier's MMS/picture messaging and standard carrier rates may apply. You must have a camera-enabled phone capable of sending pictures. To view the video your phone must be video-enabled. Program available on most carrier networks and in the U.S. only. For complete mobile terms and conditions, please log on to Microsoft.com/tag.



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Get Rich with **bodycology® Rich&Creamy Body Wash**. With a luxurious cream oil formula and unique, beneficial ingredients like silk extracts and avocado oil, bodycology® Rich&Creamy Body Wash will leave your skin feeling RICH and lavish even after your shower and throughout your day.

bodycology.com

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The Twilight Saga: Eclipse—only in BP.

Check out cool, exclusive fashion inspired by ***The Twilight Saga: Eclipse*—only in BP.** And starting June 4, any $50 purchase in BP. gets you a ticket to an advance screening of *The Twilight Saga: Eclipse* (while supply lasts). Go to **nordstrom.com/eclipse** to check out all the fun Eclipse happenings at Nordstrom.



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*All events subject to change

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dress
Sizes XS–XL, Roxy, $40, roxy.com.
necklaces
Tribal necklace, Lulu's, $12, lulus.com; orange necklace, M. Haskell, $15, call 212-764-3332 to order.
bangles
Wooden bangles, Bombay Fashions, $20 for set of three, bombayfashions.com; ribbon-wrapped bracelets, Express, $35 for set of four, select Express stores.

tank
Sizes XS–L, Tart, $28, call 212-682-2010 to order.
skirt
Sizes 0–14, Armani Exchange, $68, Armani Exchange stores.
swimsuit
Sizes S–L, Raisins, $78, roxy.com.
earrings
AMI Clubwear, $4, amiclubwear.com.
necklace
Lulu's, $16, lulus.com.
bracelets
A.V. Max, $32 each, shoptwigs.com.

WHAT TO WEAR NOW:

BRIGHT prints

These tribal patterns have an "I picked this up on vacation" feel, so you can look like you traveled the world—without leaving your backyard!

MAIN PHOTO: DANIELLE ST. LAURENT. SITTINGS EDITOR: BETSY MULLINIX. HAIR: STEVEN HOEPPNER FOR ARTISTS BY TIMOTHY PRIANO.COM. MAKEUP: EDWARD CRUZ AT FORD ARTISTS FOR MAC. ON MODEL (LEFT): BATHING SUIT, AMI CLUBWEAR. ON MODEL (RIGHT): RING, HER OWN. STILL LIFES: JESUS AYALA/STUDIO D. STILL LIFES STYLIST: CLAIRE TEDALDI FOR HALLEY RESOURCES. RUNWAY PHOTOS: (DIANE VON FURSTENBERG) HEATHCLIFF O'MALLEY/CATWALKING/GETTY IMAGES; (PROENZA SCHOULER) THOMAS CONCORDIA/WIREIMAGE.

SEVENTEEN.COM See how celebs pull off the tribal-prints look at seventeen.com/prints

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necklace
Lulu's, $12,
lulus.com

clutch
Express,
$40, select
Express stores

dress
Sizes XS–XL,
Op, $10,
Walmart
stores

DIANE VON FURSTENBERG

swimsuit
Sizes XS–L,
Guess, $97,
Guess stores

bangles
M. Haskell,
$15 each, call
212-764-3332
to order

sandals
Sizes 5–11,
Nine West, $79,
ninewest.com

headband
Jennifer
Ouellette, $30,
jenniferouellette
.com

bag
Billabong, $50,
billabong.com

PROENZA SCHOULER

skirt
Sizes XS–XL,
O'Neill, $40,
oneill.com

dress
Sizes S–L,
Lulu's, $35,
lulus.com

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the best swimsuits for *your* body

Hit the beach feeling hot! The secret is a suit that's made for your figure.



small BUST

LOOK FOR:
A PADDED TRIANGLE TOP

This sexy shape won't make you feel flat—light foam cups fill you out and push you up in a natural-looking way.

swimsuit
Sizes S–L,
Voda Swim, $110,
vodaswim.com

sharnae, 20

Shop on your iPhone or iPod touch!

Buy tons of cute suits now on the *Seventeen* Fashion Finder, our new iPhone app! Download it for free on iTunes!

more OPTIONS!



1 **swimsuit**
Sizes XS–XL,
Volcom, top, $44, and bottoms, $40, Volcom stores

This pattern creates an optical illusion that makes you look even curvier.



2 **swimsuit**
Sizes XS–L,
Poko Pano, $100,
pokopanoswim.com



3 **swimsuit**
Sizes S–L,
CIA Maritima, $98,
curvesnwaves.com

REAL-GIRL PHOTOS: DANIELLE ST. LAURENT. SITTINGS EDITOR: BETSY MULLINIX. HAIR: STEVEN HOEPPNER FOR ARTISTSBYTIMOTHYPRIANO.COM. MAKEUP: EDWARD CRUZ AT FORD ARTISTS FOR MAC. ON SHARNAE: NECKLACE, AMY PETERS STUDIO; PINK AND GREEN BRACELETS, LULU'S; WATCH, NINE WEST. STILL LIFES: JESUS AYALA/STUDIO D. STILL LIFES STYLISTS: CLAIRE TEDALDI FOR HALLEY RESOURCES AND MIAKO KATOH.

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curvy HIPS

emily, 18

LOOK FOR:

WIDE TIE-SIDES

You can adjust the ties to fit your curves perfectly, so there's no digging or sagging. Plus, thicker ties lie flatter on your sides to keep you from getting a muffin top!

swimsuit
Sizes S–XL,
AMI Clubwear, $24,
amiclubwear.com

more OPTIONS!

1



swimsuit
Sizes XS–XL,
Fox, $82,
fox-girl.com

Long ties hang down to cutely camouflage hips!



2



swimsuit
Sizes S–L,
Beach Scene,
top, $17, and
bottoms, $17,
Sears



3



swimsuit
Sizes XS–L,
Rip Curl, top,
$38, and
bottoms,
$36,
sportchalet
.com



ON EMILY: SUNGLASSES, FANTAS EYES; EARRINGS, CLAIRE'S; BRACELETS, ALL ETTIKA.

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JOURNEYS.COM

CONVERSE

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rachel, 18

full BUST

LOOK FOR:
AN UNDERWIRE TOP

This shape functions like a bra so your breasts won't sag or spill out of the cups. It has the perfect amount of support!

swimsuit top
Sizes XS–XL, Swim Systems, $62, Everything But Water stores.
swimsuit bottoms
Sizes S–L, Roxy, $42, roxy.com.

more OPTIONS!

1

swimsuit
Sizes XS–XXL, Panache, top, $66, and bottoms, $33, barenecessities.com

A higher-cut top shows a little less cleavage so you don't feel exposed.



2

swimsuit
Sizes XS–L, Victoria's Secret, top, $25, and bottoms, $24, victoriassecret.com



3

swimsuit
Sizes XS–L, Becca by Rebecca Virtue, top, $64, and bottoms, $48, Bloomingdale's



ON RACHEL: EARRINGS, OLD NAVY; BRAIDED BRACELET, ETTIKA; COIN BRACELET, AMI CLUBWEAR; CORAL BRACELET, NINE WEST.

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curvy BOOTY

alex, 22

LOOK FOR:

A HIGH BACK

A one-piece that comes up higher on your back doesn't cut you off right above your butt (which would make your booty seem rounder), so you get a streamlined look.

swimsuit
Sizes 6–14, Kenneth Cole New York, $98, select Dillard's

more OPTIONS!

1



This tie calls attention to your waist, to draw the eye up from your tush.

swimsuit
Sizes 6–14, Tommy Hilfiger Swimwear, $91, macys.com

2



swimsuit
Sizes XS–XL, Insight, $85, karmaloop.com

dress
S… $10

3



swimsuit
Sizes S–XL, Hobie, $68, californiasunshine.com

ON ALEX: SCARF, STYLIST'S OWN; BANGLES, ALL BOMBAY FASHIONS.

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DAISYMARCJACOBS.COM



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DAISY
MARC JACOBS

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SEPHORA

www.WorldMags.net & www.aDowns.net

hannah, 18

flat BOOTY

LOOK FOR:

RUCHED BOTTOMS

The little gathers at the top visually lift your butt to give it a cute pop. By creating volume instead of cling, these fill you out!

swimsuit
Sizes XS–L, Sofia by Vix, top, $50, and bottoms, $50, vixswimwear.com

more OPTIONS!

1



swimsuit
Sizes XS–L, Despi, top, $66, and bottoms, $64, everythingbutwater.com

A tiny Brazilian-cut bottom won't sag in an unflattering way.



2



swimsuit
Sizes XS–L, Vitamin A by Amahlia Stevens, top, $50, and bottoms, $50, everythingbutwater.com



3





swimsuit
Sizes XS–L, Hurley Swimwear, top, $47, and bottoms, $43, swimspot.com

ON HANNAH: EARRINGS, STYLIST'S OWN; ORANGE AND BLUE BANGLES, BOTH A.V. MAX; SILVER-AND-BLACK BANGLE, SAY WHAT?

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dawn, 17

curvy ALL OVER

LOOK FOR:

A GATHERED TOP

The gathers along your sides skim your curves to give you a lean look, and the halter lets you show off your shoulders and bust.

swimsuit
Sizes S–XL,
AMI Clubwear, $22,
amiclubwear.com

more OPTIONS!

A little ruffle at your hips is a cute way to cover up.

1 **swimsuit**
Sizes S–XL,
AMI Clubwear,
$22,
amiclubwear
.com





2 **swimsuit**
Sizes 6–14,
Leilani, $94,
valsurf.com

3 **swimsuit**
Sizes 10–28,
Torrid, top, $48,
and bottoms, $34,
Torrid stores



ON DAWN: EARRINGS AND BRACELET, BOTH A.V. MAX.

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look amazing in your SWIMSUIT!

When you shop smart, you look hot! Here are the keys to finding the most flattering suit for you.



ANNALYNNE McCORD

PHOTO: RADCLIFFE/MATE/BAUERGRIFFINONLINE.COM

- ☑ **DO** take tons of suits into the dressing room—even ones you don't think you could wear. You won't know what works until you try it on!
- ☒ **DON'T** **settle for a suit that digs, bunches, or puckers. Bring a trusted friend who will critique it from all angles!**
- ☑ **DO** mix different sizes of tops and bottoms for a custom fit.
- ☒ **DON'T** **buy a suit you have to lose weight to feel good in. And don't stress about the size on the label. Focus on finding a suit that makes *your* body look its best.**
- ☑ **DO** eat before you shop—you want to hit the stores satisfied and energized, not cranky and tired!

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the best suits at eve

SMALL BUST

EVERYTHING BUT WATER
THE SWIMWEAR SOURCE

Cute fringe frames your bust for a fuller look.



fringe
Sizes XS–L, Rampage, top, $51, and bottoms, $31, select Everything But Water stores

Dillard's
The Style of Your Life.

A tiny ruffle at the top of each cup creates volume in a subtle way.



tropical
Sizes XS–L, Reef, top, $41, and bottoms, $41, Dillard's

JCPenney
Every Day Matters

Light padding (hidden under this graphic print) gives you cleavage.



gingham
Sizes S–XL, Arizona by JCPenney, top, $20, and bottoms, $20, JCPenney

PACSUN

A cinched bandeau creates a curvier, rounded shape.



animal print
Sizes XS–XL, Kirra, top, $25, and bottoms, $25, PacSun stores

TARGET

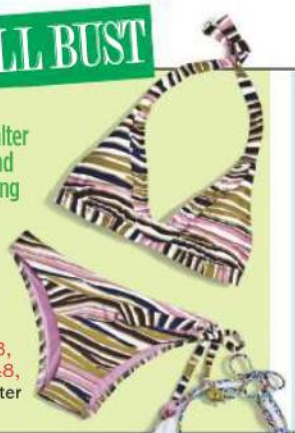
Ruching at your bustline gives a little fullness without padding.



photo print
Sizes XS–XL, Converse One Star, top, $20, and bottoms, $20, select Target stores

FULL BUST

A thick-strap halter lifts you up and creates flattering cleavage.



stripes
Sizes XS–L, Becca, top, $58, and bottoms, $48, everythingbutwater.com

The ruffles add fullness around your torso to balance your bust.



tiered
Sizes XS–XL, Coco Rave, top, $62, and bottoms, $36, Dillard's

A tie-top halter lets you adjust the support to fit you perfectly.



fluorescent floral
Sizes S–XL, Arizona by JCPenney, top, $18, and bottoms, $18, JCPenney

A seamed bustier-style top lifts you up and holds you in.



retro
Sizes XS–L, Lost, top, $43, and bottoms, $45, pacsun.com

A higher V-shaped halter helps minimize your cleavage.



tankini
Sizes XS–XL, Converse One Star, top, $20, and bottoms, $20, select Target stores

FLAT BOOTY

Ruching on the butt gives your booty an extra pop.



monokini
Sizes XS–L, L*Space, $128, everythingbutwater.com

Dark contrasting tabs on the sides flaunt your lean frame, and the pattern in the back keeps the focus on your roundest part!



bright
Sizes S–L, Raisins, top, $42, and bottoms, $44, dillards.com

A twirly skirt (in a bold print) adds volume on bottom.



flirty
Sizes S–XL, Arizona by JCPenney, top, $20, and bottoms, $20, JCPenney

This high-contrast print adds the illusion of more curves.



geometric
Sizes XS–XL, Kirra, top, $25, and bottoms, $25, PacSun stores

A swirly graphic print gives your butt a rounder look.



twisted
Sizes XS–XL, Converse One Star, top, $20, and bottoms, $20, select Target stores

SEVENTEEN.COM Get your beach body in shape with our exercise community at seventeen.com/team17.

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ry store

No more dressing-room drama! Here are the perfect swimsuits for your body at all your favorite stores.

CURVY HIPS

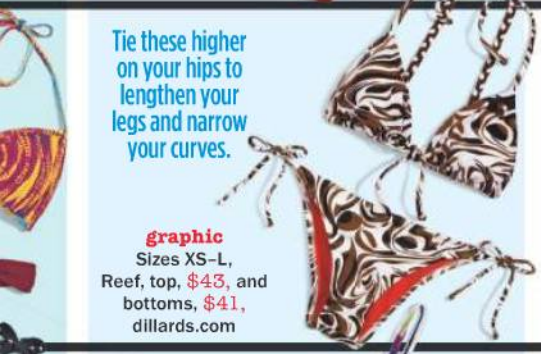
Scrunchy tabs at the sides stretch over your hips without digging. (No muffin top!)

halter
Sizes XS–XL, Becca, top, $40, and bottoms, $38, everythingbutwater.com



Tie these higher on your hips to lengthen your legs and narrow your curves.

graphic
Sizes XS–L, Reef, top, $43, and bottoms, $41, dillards.com



A push-up top paired with black bottoms emphasizes your bust (and not your hips).

mix and match
Sizes 8–16, St. John's Bay by JCPenney, top, $20, and bottoms, $20, JCPenney



A mini ruffle trim at your middle draws the eye to your smaller waist.

ruffles
Sizes XS–XL, Billabong, top, $40, and bottoms, $39, PacSun stores



The dark high-cut bottoms make your lower half look narrower.

multicolor
Sizes XS–XL, Mossimo for Target, top, $20, and bottoms, $18, target.com



CURVY BOOTY

A solid bottom and a printed top highlight your bust and minimize your butt.

bandeau
Sizes XS–L, Becca, top, $68, and bottoms, $52, everythingbutwater.com



This wide band around your waist visually streamlines your butt.

dots
Sizes XS–L, Jessica Simpson, top, $46, and bottoms, $48, Dillard's



A dark solid suit gives you an allover sleek look.

glam
Sizes S–XL, Bisou Bisou for JCPenney, top, $25, and bottoms, $25, JCPenney



A super-thin seam (instead of a band) rests on your butt without clinging.

neon trim
Sizes S–L, Roxy, top, $43, and bottoms, $45, pacsun.com



This twisted detail on top fills out your bust to give you an hourglass look.

sweet floral
Sizes XS–XL, Liberty of London for Target, top, $20, and bottoms, $20, target.com



CURVY ALL OVER

Adjustable ties at the sides, top, and back let you fit this suit to *your* curves.

side ties
Sizes XS–L, Lucky Love Fest, top, $64, and bottoms, $54, everythingbutwater.com



Ruching along the front skims your curves and nips in your waist.

ruched
Sizes 6–14, Kenneth Cole New York, $98, dillards.com



An A-line tankini streamlines your shape without clinging or binding.

skirted
Sizes S–XL, Bisou Bisou for JCPenney, top, $25, and bottoms, $25, JCPenney



Shirred tie-sides let you show a little extra leg so you look long and lean.

tie hips
Sizes XS–XL, Volcom, $90, pacsun.com



Mixing solids creates a color-block effect—it defines your waist and minimizes your curves.

two-tone
Sizes XS–XL, Mossimo for Target, top, $18, and bottoms, $18, target.com



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"my summer obsession"

It may be hot outside, but our Style Council girls know what go-to pieces make them look *cool.*



DENIM VEST

denim vest
Sizes XS–XL, DKNY Jeans Juniors, $54, Macy's

"This vest is so unique—it can be worn with a summer dress; denim shorts and a blouse; or a flouncy skirt and a tee. It makes me love my summer clothes even more!"
–KARA, 16

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Buy these cute pieces now on the *Seventeen* Fashion Finder, our new iPhone app! Download it for free on iTunes!



sweat top
Sizes 2–12, Topshop, $36, topshop.com

CUTOFF SWEATSHIRT

"I love how this cropped piece feels so *easy*. For someone who has never lived in California, I feel remarkably 'West Coast' in it!"
–ANNA, 20



dress
Sizes S–L, Lulu's, $33, lulus.com

FLORAL DRESS

"A floral dress never goes out of style. This one is comfortable and girly, and the contrasting colors are so eclectic. Plus, the little print makes me feel like I'm in a garden!"
–AUDREY, 17

REAL-GIRL PHOTOS: CHRIS ECKERT/STUDIO D. SITTINGS EDITOR: BETSY MULLINIX. HAIR: TYLER LASWELL FOR TRESEMMÉ/CONTACTNYC.COM. MAKEUP: THORA AT KATE RYAN INC., FOR MAC COSMETICS. ON ANNA: SKIRT, AERIE; TOP, HER OWN; SHOES, FERGALICIOUS; ALL OTHER ACCESSORIES, HER OWN. ON KARA: DRESS, LULU'S; BELT, STYLIST'S OWN; RINGS AND SHOES, KARA'S OWN. ON AUDREY: ALL OTHER CLOTHES AND ACCESSORIES, HER OWN.

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steal of the month: the coolest bikini!

In this bright, colorful swimsuit from **Op,** you'll be the most fun girl on the beach!

WHY IT'S SO COOL:

1. **Aztec prints** are a huge trend—and in these electric colors, you get an extra pop of personality!
2. The **sweetheart top** is so flattering: It frames and boosts your bust without heavy padding!
3. It's designed by an **authentic SoCal brand** (so it looks like it's from funky little surf shop!).



swimsuit
Sizes XS–XL, Op, top, $10, and bottoms, $10, Walmart stores

Each piece is just $10!

SEVENTEEN.COM Find the cutest accessories for your bikini at seventeen.com/accessories

MAIN PHOTO: TERRY DOYLE. SITTINGS EDITOR: BETSY MULLINIX. HAIR: STEVEN HOEPPNER FOR ARTISTSBYTIMOTHYPRIANO.COM. MAKEUP: CARMINDY FOR CARMINDY.COM. ON MODEL: VEST, DEREK HEART; SUNGLASSES AND HEADPHONES NECKLACE, BOTH GIRLPROPS; BLACK NECKLACE AND BRACELETS, ALL LULU'S. STILL LIFE: JESUS AYALA/STUDIO D. STILL LIFE STYLIST: CLAIRE TEDALDI FOR HALLEY RESOURCES.

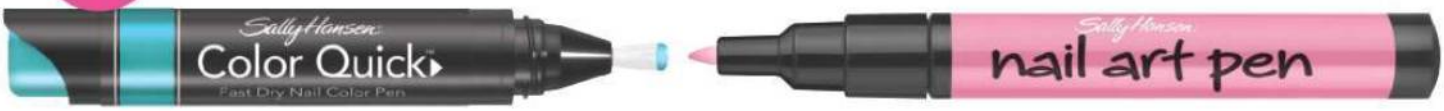
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8 new chromes



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8 fun, fashion shades



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big trends, small price

This summer, take a dip in a new trend—without sinking a ton of cash!

$20 & UNDER

$14

dress
Sizes S–L, AMI Clubwear, $14, amiclubwear.com





Chanel

necklace $11
Lulu's, $11, lulus.com



$7

shirt
Sizes XS–XXL, Miley Cyrus and Max Azria, $7, Walmart stores

french nautical

$18

bathing suit
Sizes XS–XL, Mossimo for Target, top, $18, and bottoms, $18, select Target stores

$18



$20

shorts
Sizes 1–13, Sulfur, $20, Sears



$8

sunglasses
Lulu's, $8, lulus.com



$15

sandals
Sizes 5½–11, Urban Original, $15, urbanog.com



bag
Lulu's, $19, lulus.com

$19

$10

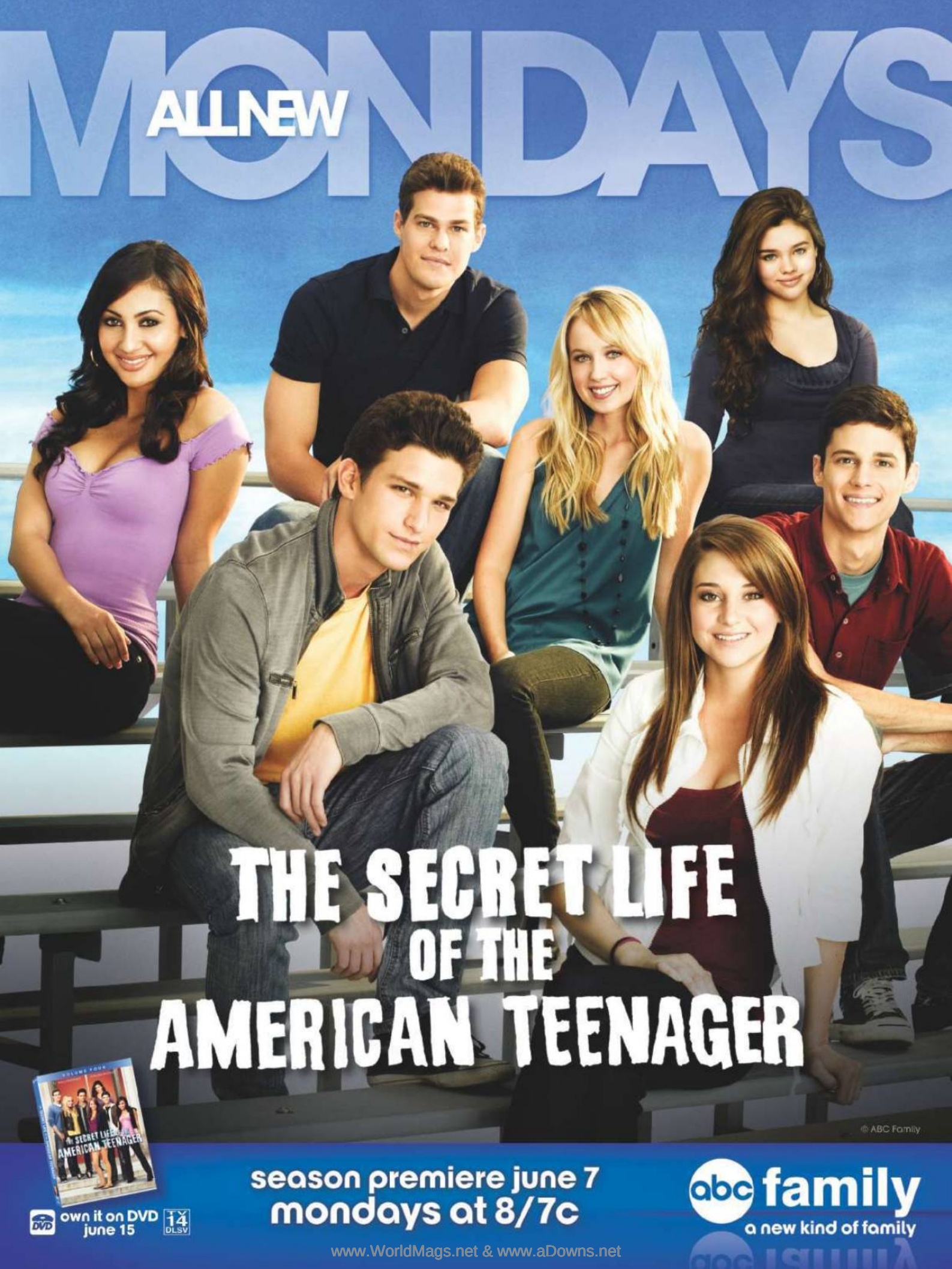
bangles
Lulu's, $10, lulus.com



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glam camp

glasses
Girlprops, $10, girlprops.com
$10

hoodie
Sizes S–XL, Soffe, $13, soffe.com
$13

pin
Lulu's, $15, lulus.com
$15

shirt
Sizes S–L, AMI Clubwear, $11, amiclubwear.com
$11

necklace
Old Navy, $15, Old Navy stores
$15

belt
Target, $17, select Target stores
$17

shorts
Sizes 00–18, Aéropostale, $20, Aéropostale stores
$20

bag
Old Navy, $17, Old Navy stores
$17

socks
Tabisocks, $16 for each pair, lulus.com
$16

heels
Sizes 5½–10, Urban Original, $20, urbanog.com
$20

watch
Urban Original, $20, urbanog.com
$20

hat
Target, $10, select Target stores
$10

pins
Girlprops, $6 each, girlprops.com
$6

necklace
Forever 21, $6, select Forever 21 stores
$6

bikini bottoms
Sizes XS–XL, Op, $8, Walmart stores
$8

tee
Sizes S–L, Crooked Monkey, $20, crookedmonkey.com
$20

Dsquared²

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abc family
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quick style tricks

Give your old summer stuff a whole new fashion personality—for free! Just steal these sneaky celeb secrets.



Kim Kardashian

Cut off the bottom of your **denim vest** so it's cropped and fitted, then wash it for a cool frayed look.

Your **leather jacket** doesn't have to wait for fall! Layer it over a light T-shirt dress for an edgy-glam vibe that's perfect for going out.



Alexa Chung



Beyoncé

Polish up your tiny cutoffs with a preppy **tweed jacket.**



Katy Perry

Scour thrift stores for a fun **vintage belt** and use it to add a playful touch to your favorite floaty dress.



Vanessa Hudgens

Turn a giant **button-down** (raid your brother's or BF's closet) into a casual shirtdress—belt it to give it a feminine shape.

Add a **flower pin** to last year's fedora for a little island punch.



Rihanna

KARDASHIAN: RS/X17ONLINE.COM. BEYONCE: JACKSON LEE/SPLASH NEWS. CHUNG: RAY TAMARRA/GETTY IMAGES. PERRY: GAZ SHIRLEY/KEVIN PERKINS/PACIFICCOASTNEWS.COM. HUDGENS: RAFA/X17ONLINE.COM. RIHANNA: MVP/X17ONLINE.COM.

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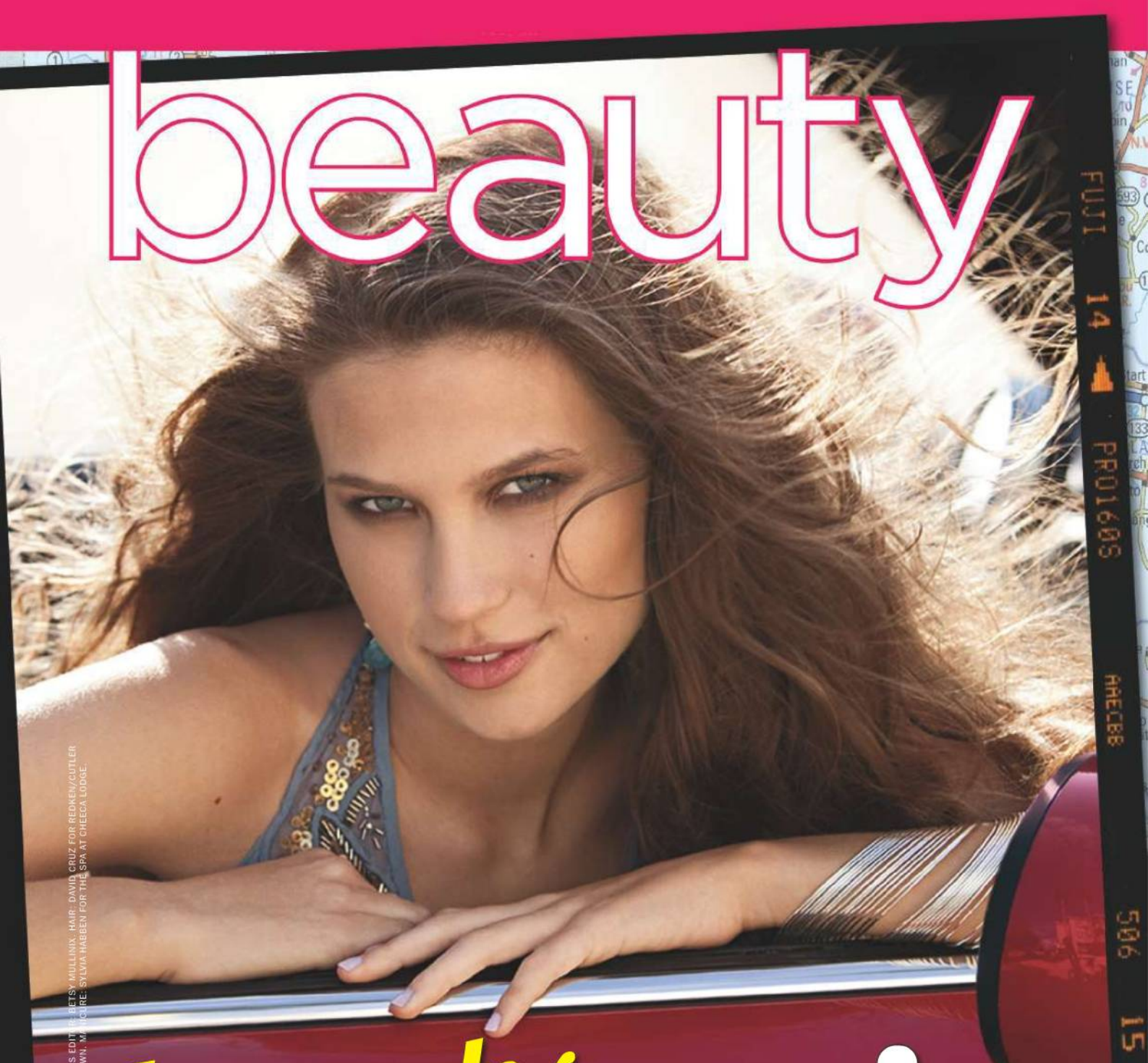


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beauty



beauty road trip

The best looks across the country!

We're covering beauty trends from coast to coast to make you feel like the prettiest girl in America! BY heather muir & meredith gray

Turn for great looks!

MAIN PHOTOS: (OPENING PAGE) HAIR: NAILS, AND FRAGRANCE) ONDREA BARBE. SITTINGS EDITOR: BETSY MULLINIX. HAIR: DAVID CRUZ FOR REDKEN/CUTLER NYC AT RAYBROWNPRO.COM. MAKEUP: KYRIAKI SAVRANI FOR DIOR AT FACTORY DOWNTOWN. MANICURE: SYLVIA HABBEN FOR THE SPA AT CHEECA LODGE. ON MODEL: TANK, REBECCA TAYLOR. BANGLES, ALL FOREVER 21.

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beauty road trip

hair



CALIFORNIA
sexy-messy

Get the perfectly windblown Cali-girl vibe with this beachy style.

"I'm obsessed with sexy-messy hair! It reminds me of **hanging out at the beach.** It's like hot convertible hair!"

–KRISTIE, 22, PALO ALTO, CA

try: FX Special Effects Shag Spray, $6, Walmart stores



Scrunch and go!

BEST SELLER!

LOUISIANA GIRLS ❤:
TRESEMMÉ TRES SUPER HOLD HAIRSPRAY



Louisiana girls don't let rising temps mess with their style! To prevent hair from going flat, they use this super-duper hairspray!

$4, **CVS stores**



TEXAS
girly headbands

Texas girls are leaving hippie headbands behind and flaunting a pretty new way to keep their hair neat in the Texas heat.

"I love how headbands add a bright **pop of color** to my look, plus they are an easy way to keep my bangs back during steamy summer days."

–KENDALL, 21, ARLINGTON, TX



try: J. Crew Jewel Cluster Headband, $40, jcrew.com

try: Goody La Cabana Celebration Headband, $6, Target stores

try: Jennifer Behr Chain Link on Grosgrain Ribbon in Black and White Stripe, $68, jenniferbehr.com

MAINE
high buns

Ballerina buns aren't just for dancers—Maine girls love this easy updo!



"High buns are **quick yet elegant** and perfect for my low-maintenance beauty routine when I head off to my job at a summer camp!"

–ELISABETH, 17, RAYMOND, ME

USA'S BEST TIPS!

NORTH CAROLINA: "To stop frizzy hair, I rinse my hair with cold water and put shine serum on it while it's still damp."
–EMORI, 16

ALABAMA: "If you have curls, brush your hair after you put gel or mousse in, then scrunch—it makes your curls bouncier and pretty."
–JESSICA, 18

MICHIGAN: "Rub a dab of coconut oil through your hair to make it really soft and shiny."
–MARY, 18

ON MODEL: DRESS, SEVENTY-TWO CHANGES; HEADBAND, L. ERICKSON; STAR EARRINGS, GORJANA; NECKLACE, FOREVER 21. STILL LIFES: (JENNIFER BEHR HEADBAND) J MUCKLE/STUDIO D; (TRESEMMÉ) COURTESY OF COMPANY; (ALL OTHERS) JESUS AYALA/STUDIO D.

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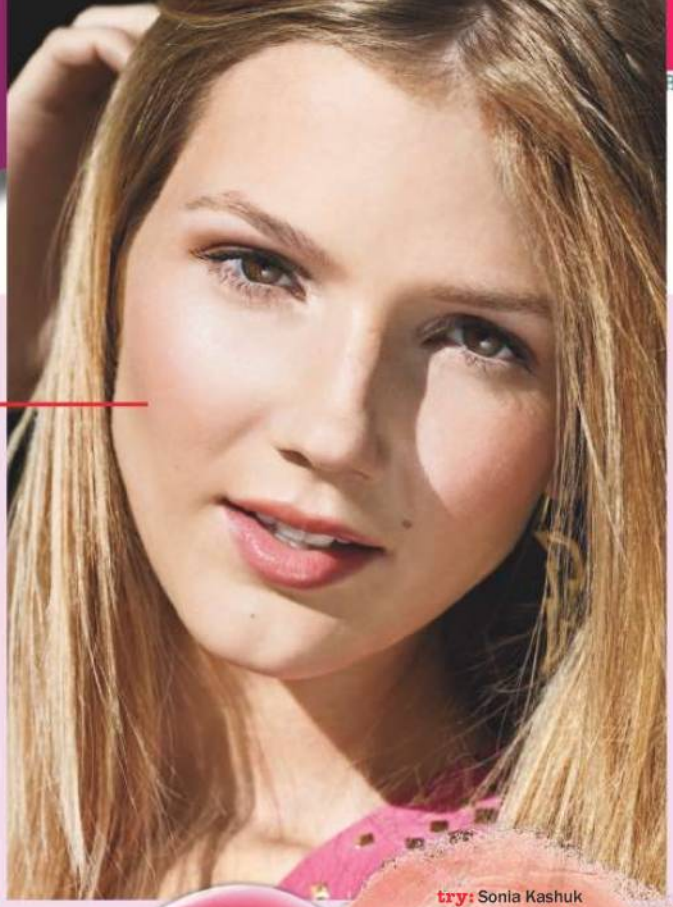
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beauty road trip

makeup



FLORIDA
sheer color

Take a tip from FL girls, who know how to stay fresh in crazy humidity: A light tint of color is all you need!

"I like to use as few products as possible in the summer to avoid clogging my pores. **Gloss** and **cream blush** are my two essentials to make my skin glow!"

–KHALILAH, 16, ORLANDO, FL



try: Mark Mini Mark It Stick Hook Up Stick for Eyes in Marina, $6, meetmark.com

try: Sonia Kashuk Crème Blush in Rosey, $10, Target stores



try: Tokidoki Prisma Lip Gloss in Arlecchino, $15, Sephora stores



glosses across the country

See how *your* go-to beauty item stacks up against these reader favorites!

COLORADO

"I love DuWop Venom Flash in Gold. The gold flecks brighten my face and add the perfect amount of shimmer. Plus, it plumps up my little lips!"

–CHLOE, 17, BOULDER, CO

try: DuWop Venom Flash in Gold, $16, Sephora stores

try: Liplicious Lip Gloss in Whipped Vanilla, $7, bathandbodyworks.com



IOWA

"Liplicious Lip Gloss in Whipped Vanilla makes my lips super-shiny and adds just the right amount of sparkle."

–AUTUMN, 16, LIVERMORE, IA

try: Softlips Lip Protectant SPF 20 in Strawberry, $4, drugstores





NEW MEXICO

"Victoria's Secret Beauty Rush Lip Gloss in Passion Fruit Pop smells so yummy, and it gives my lips a silky feel. It's not sticky either, which is a huge plus!"

–ERIN, 17, LOS ALAMOS, NM

try: Victoria's Secret Beauty Rush Lip Gloss in Passion Fruit Pop, $7, Victoria's Secret stores

OHIO

"I like Softlips in Strawberry, because it has SPF 20 to keep my lips protected, and it goes on nice and smooth."

–GRACE, 21, MOUNT VERNON, OH

BEST SELLER!

SOUTH CAROLINA GIRLS ❤:
COVERGIRL EXACT EYELIGHTS MASCARA!

The light-reflecting metallics in this mascara keep SC girls bright-eyed!

$8, **Rite Aid stores**



USA'S BEST TIPS! ★★★★

IDAHO: "I use **Jergens Natural Glow moisturizer** to make my face feel soft and fresh—not to mention glowy!"
–MARIELA, 18

OKLAHOMA: "Instead of wearing a full face of foundation when it's really hot out, **just dab concealer** on your trouble spots."
–SAMANTHA, 16

MASSACHUSETTS: "Wear **clear mascara** to the beach or pool so that you don't get black under your eyes when you swim!"
–EMILY, 15

MAIN PHOTO: SABINE LIEWALD. FASHION STYLIST: ELISE WILSON AT RAYBROWNPRO.COM. HAIR: BERTRAND W FOR RENE FURTERER AT TRACEYMATTINGLY.COM. MAKEUP: MAI QUYNH FOR MARK COSMETICS AT THE WALL GROUP. ON MODEL: TANK, PARKER; EARRINGS, SUCCARA. STILL LIFES: (MARK AND SONIA KASHUK) J MUCKLE/STUDIO D; (TOKIDOKI) JESUS AYALA/STUDIO D; (ALL OTHERS) COURTESY OF COMPANIES.

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beauty road trip

nails



PENNSYLVANIA
decals

Girls in PA like to keep their tips decorated—place a sticker on one of your nails or use a stencil to paint on a cool design!

"A cute flower design on my nails helps me get in the **groove for summer** and makes me feel fun and flirty!"

–KATELYN, 18, DAVIDSVILLE, PA

try: Kiss Nail Artists Nail Paints, $7, drugstores; Broadway Fashion Diva Nail Art, $4, drugstores











MINNESOTA
bright nails

Girls in MN swipe on vibrant tropical colors to perk up their skin tones.

"Wearing bright nail polish brings out my **bright personality,** so whenever I'm feeling down, I can just look at my nails and feel peppy!"

–DANIELLE, 15, MINNEAPOLIS, MN

ARIZONA GIRLS ❤:
OPI PASTELS

These soft shades are so chic, girls in Arizona can't stop reapplying!

From left: OPI Nail Lacquers in Done Out in Deco, Privacy Please, and Tutti Frutti Tonga, $9 each, ULTA stores

BEST SELLER!



VIRGINIA
lavender

This universally flattering hue is a fave in VA!



"I love the color lavender—it's like a **grown-up pink**! It pops against my skin and makes me think of all things girly and sophisticated."

–LYDIA, 19, ARLINGTON, VA

USA'S BEST TIPS!

NEW YORK: "After I paint my nails, I use a **top coat** with SPF 15 in it so my nails don't turn yellow in the sun."
–MAGGIE, 20

MONTANA: "To **help strengthen your nails,** peel a clove of garlic and rub it on each night before you go to bed, then rinse it off in the morning. They'll grow so much faster!"
–DAKOTA, 17

INDIANA: "When I have a mani, I rub a tiny **dab of lotion** on each nail every day to keep my cuticles soft and looking neat."
–ALIX, 15

STILL LIFES: (DECALS) JESUS AYALA; (OPI) COURTESY OF COMPANY.

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this summer, make your own list.

UR

REQUIRED READING

available wherever books are sold

hyperionteens.com
facebook.com/unrequiredreading

ALLSTAR WEEKEND
allstarweekendrocks.com

debut album available
june 22, 2010



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beauty road trip

fragrance





TENNESSEE
body mists



A soft splash gives TN girls an instant pick-me-up!

"Mists are **perfect for every day.** They're not as expensive as perfume, but you still get the same great scent, so you can use *more* of it!"

–LINDSEY, 19, FRANKLIN, TN

try: Bath & Body Works Summer Vanillas Fragrance Mist in Lemon Vanilla, $13, bathandbodyworks.com



try: Coach Poppy Eau de Parfum, $60 for 1.7 oz., Coach boutiques

NEW JERSEY
citrus

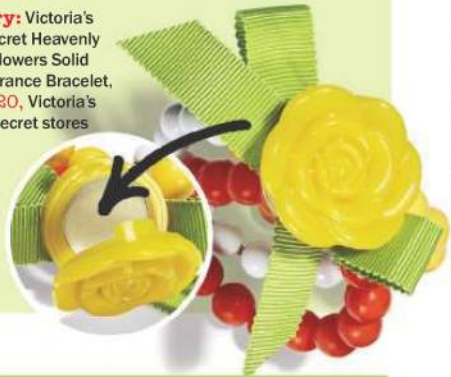
Jersey girls love an energizing blend of lemon and orange.

"Citrusy perfumes are **sweet without being over-the-top.** I love to use them before a date to get me really excited!"

–LAUREN, 21, PLAINSBORO, NJ



try: Burberry Sport for Women Eau de Toilette, $78 for 2.5 oz., Nordstrom



try: Victoria's Secret Heavenly Flowers Solid Fragrance Bracelet, $20, Victoria's Secret stores

WASHINGTON
layering scents

Girls in WA like to smell good all day long! Their secret: layering multiple products.

"I bought the **body wash and body lotion** for my favorite scent so my skin smells amazing *all* over, not just in a few spots!"

–NINA, 20, SEATTLE, WA



try: Kai Body Wash and Body Lotion, $33 each, studiobeautymix.com

BEST SELLER!



ILLINOIS GIRLS ❤:

CHANEL CHANCE

It's the perfect blend of sweet and spicy that's causing girls in IL to spritz away!

$80 for 1.7 oz., Macy's

USA'S BEST TIPS!

RHODE ISLAND: "Spray **rose water** on your face when it's hot out. It helps cool you off and makes you smell pretty too!" –EMMA, 17

CONNECTICUT: "After I dab it on my neck and wrists, I add a little **extra perfume** on whatever I'm wearing so the scent lasts longer." –KATIE, 20

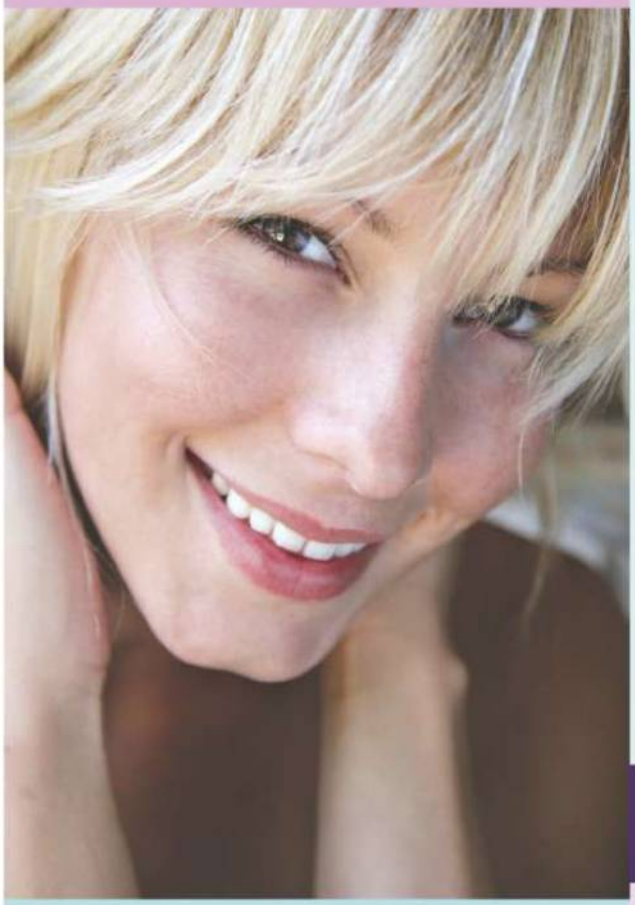
MARYLAND: "To keep my feet from getting stinky in the summer, I put **scented body powder** in my shoes so my feet stay dry and smell great!" –CHELSEA, 16

SEVENTEEN.COM Celebs share their summer beauty secrets at seventeen.com/summerbeauty

ON MODEL: SUNGLASSES, LULU'S. STILL LIFES: (BURBERRY) J MUCKLE/STUDIO D; (KAI AND CHANEL) COURTESY OF COMPANIES; (ALL OTHERS) JESUS AYALA/STUDIO D.

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CLEARING the WAY!



Clearer skin is one of the keys to gaining confidence, allowing you to be bold and accomplish the things you've always wanted to do. Epiduo® (adapalene and benzoyl peroxide) Gel 0.1% / 2.5% is a prescription acne treatment that can help reduce breakouts, so ask your doctor if Epiduo® Gel could be right for you. Check out these easy skincare tips to help you clear the way.

1. Avoid squeezing blemishes as this could lead to inflammation and scarring

2. Wash your face just twice a day. Washing too often can cause irritation and make acne worse. Be gentle when you wash and use a mild cleanser.

3. Be conscious of sun exposure when using acne medications, which can increase your skin's sensitivity to UV rays

Epiduo®
(adapalene and benzoyl peroxide) Gel 0.1% / 2.5%

JUNE National Acne Awareness Month
Proudly Supported by GALDERMA

Go to seventeen.com/epiduo for clearer skin inspiration.

See how savvy you are with your morning regimen in the Epiduo® Gel **Morning Madness Find It Game**! Find all your daily essentials.

Check out the **Clearer Skin Day-by-Day Calendar** to get insider clear skin tips from Epiduo and *Seventeen*!

ENTER TO WIN...

The **Be Clearly Inspired** Contest!

Do break-outs hold you back? Tell us what you would do if you had clearer skin... try out for the school play, or ask out your crush. Go to **seventeen.com/epiduo** to enter-to-win the chance to have your dreams come true! Epiduo and *Seventeen* will help **one lucky winner achieve their dream**!

NO PURCHASE OR PAYMENT OF ANY KIND IS NECESSARY TO ENTER OR WIN. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. **Be Clearly Inspired Contest.** Sponsored by Hearst Communication, Inc. To Enter: Go to seventeen.com/epiduo beginning 12:01am ET on 5/18/10 through 11:59pm ET on 7/5/10 and submit a brief essay (100 words or less) describing what you would do if you had clearer skin. Contest winner will receive $1,500 cash to use towards fulfilling what they would do if they had clearer skin. Must be 13-24 years of age, and a legal resident of 50 United States or District of Columbia at time of entry. Void in Puerto Rico and where prohibited by law. Contest subject to complete official rules available at: www.seventeen.com/epiduo.

Important Safety Information About Epiduo® Gel

Epiduo® Gel is indicated for the topical treatment of acne vulgaris in patients 12 years and older. The most common side effects associated with use of Epiduo® Gel are redness, scaling, dryness, stinging and burning. You may also experience contact dermatitis and/or skin irritation. Avoid excessive exposure to sunlight and sunlamps while using Epiduo® Gel, and use sunscreen products and protective clothing. Do not use irritating topical products that contain resorcinol, salicylic acid or sulfur when using Epiduo® Gel. Epiduo® Gel has not been tested in pregnant or nursing women, or with the elderly. Pregnancy Category C. Avoid applying to the eyes, lips and mucous membranes. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088. See Brief Summary of Safety Information on the next page.

EPI-420

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EPIDUO™

Rx only

(adapalene and benzoyl peroxide) Gel 0.1% / 2.5%

For Topical Use Only
Not For Ophthalmic, Oral, or Intravaginal Use.

BRIEF SUMMARY

INDICATIONS AND USAGE

EPIDUO Gel is a combination of adapalene, a retinoid, and benzoyl peroxide, and is indicated for the topical treatment of acne vulgaris in patients 12 years of age and older.

CONTRAINDICATIONS

None.

WARNINGS AND PRECAUTIONS

Ultraviolet Light and Environmental Exposure: Avoid exposure to sunlight and sunlamps. Wear sunscreen when sun exposure cannot be avoided.
Erythema, scaling, dryness, and stinging/burning may occur with use of EPIDUO Gel.

ADVERSE REACTIONS

Observed local adverse reactions in patients treated with EPIDUO Gel were erythema, scaling, dryness, stinging, and burning. Other most commonly reported adverse events (≥1%) in patients treated with EPIDUO Gel were dry skin, contact dermatitis, application site burning, application site irritation, skin irritation.

DRUG INTERACTIONS

Exercise caution in using preparations containing sulfur, resorcinol, or salicylic acid, medicated or abrasive soaps and cleansers and products with high concentrations of alcohol or astringents in combination with EPIDUO Gel.
Concomitant use of topical products with a strong drying effect can increase irritation. Use with caution.

Pregnancy

Pregnancy Category C. There are no well-controlled trials in pregnant women treated with EPIDUO Gel. Animal reproduction studies have not been conducted with the combination gel or benzoyl peroxide. Furthermore, such studies are not always predictive of human response; therefore, EPIDUO Gel should be used during pregnancy only if the potential benefit justifies the risk to the fetus.
No teratogenic effects were observed in rats treated with oral doses of 0.15 to 5.0 mg adapalene/kg/day, up to 25 times (mg/m²/day) the maximum recommended human dose (MRHD) of 2 grams of EPIDUO Gel. However, teratogenic changes were observed in rats and rabbits when treated with oral doses of ≥ 25 mg adapalene/kg/day representing 123 and 246 times MRHD, respectively. Findings included cleft palate, microphthalmia, encephalocele and skeletal abnormalities in rats; and umbilical hernia, exophthalmos and kidney and skeletal abnormalities in rabbits. Dermal teratology studies conducted in rats and rabbits at doses of 0.6-6.0 mg adapalene/kg/day [25-59 times (mg/m²) the MRHD] exhibited no fetotoxicity and only minimal increases in supernumerary ribs in both species and delayed ossification in rabbits.

Nursing Mothers

It is not known whether adapalene or benzoyl peroxide is excreted in human milk following use of EPIDUO Gel. Because many drugs are excreted in human milk, caution should be exercised when EPIDUO Gel is administered to a nursing woman.

Pediatric Use

Safety and effectiveness of EPIDUO Gel in pediatric patients under the age of 12 have not been established.

Geriatric Use

Clinical studies of EPIDUO Gel did not include sufficient numbers of subjects aged 65 and over to determine whether they respond differently from younger subjects.

Carcinogenesis, Mutagenesis, Impairment of Fertility

No carcinogenicity, photocarcinogenicity, genotoxicity, or fertility studies were conducted with EPIDUO Gel.
Carcinogenicity studies with adapalene have been conducted in mice at topical doses of 0.4, 1.3, and 4.0 mg/kg/day (1.2, 3.9, and 12 mg/m²/day), and in rats at oral doses of 0.15, 0.5, and 1.5 mg/kg/day (0.9, 3.0, and 9.0 mg/m²/day). In terms of body surface area, the highest dose levels are 9.8 (mice) and 7.4 times (rats) the MRHD of 2 grams of EPIDUO Gel. In the rat study, an increased incidence of benign and malignant pheochromcytomas in the adrenal medulla of male rats was observed.
No significant increase in tumor formation was observed in rodents topically treated with 15-25% benzoyl peroxide carbopol gel (6-10 times the concentration of benzoyl peroxide in EPIDUO Gel) for two years. Rats received maximum daily applications of 138 (males) and 205 (females) mg benzoyl peroxide/kg. In terms of body surface area, these levels are 27-40 times the MRHD. Similar results were obtained in mice topically treated with 25% benzoyl peroxide carbopol gel for 56 weeks followed by intermittent treatment with 15% benzoyl peroxide carbopol gel for rest of the 2 years study period, and in mice topically treated with 5% benzoyl peroxide carbopol gel for two years.
The role of benzoyl peroxide as a tumor promoter has been well established in several animal species. However, the significance of this finding in humans is unknown.
In a photocarcinogenicity study conducted with 5% benzoyl peroxide carbopol gel, no increase in UV-induced tumor formation was observed in hairless mice topically treated for 40 weeks.
No photocarcinogenicity studies were conducted with adapalene. However, animal studies have shown an increased tumorigenic risk with the use of pharmacologically similar drugs (e.g., retinoids) when exposed to UV irradiation in the laboratory or sunlight. Although the significance of these findings to humans is not clear, patients should be advised to avoid or minimize exposure to either sunlight or artificial irradiation sources.
Adapalene did not exhibit mutagenic or genotoxic effects *in vitro* (Ames test, Chinese hamster ovary cell assay, mouse lymphoma TK assay) or *in vivo* (mouse micronucleus test).
Bacterial mutagenicity assays (Ames test) with benzoyl peroxide has provided mixed results, mutagenic potential was observed in a few but not in a majority of investigations. Benzoyl peroxide has been shown to produce single-strand DNA breaks in human bronchial epithelial and mouse epidermal cells, it has caused DNA-protein cross-links in the human cells, and has also induced a dose-dependent increase in sister chromatid exchanges in Chinese hamster ovary cells.
In rat oral studies, 20 mg adapalene/kg/day (120 mg/m²/day; 98 times the MRHD based on mg/m²/day comparison) did not affect the reproductive performance and fertility of F_0 males and females, or growth, development and reproductive function of F_1 offspring.
No fertility studies were conducted with benzoyl peroxide.

PATIENT COUNSELING INFORMATION

- Advise patients to cleanse the area to be treated with a mild or soapless cleanser; pat dry. Apply EPIDUO Gel as a thin layer, avoiding the eyes, lips and mucous membranes.
- Advise patients not to use more than the recommended amount and not to apply more than once daily as this will not produce faster results, but may increase irritation.
- EPIDUO Gel may cause irritation such as erythema, scaling, dryness, stinging or burning.
- Advise patients to minimize exposure to sunlight, including sunlamps. Recommend the use of sunscreen products and protective apparel, (e.g., hat) when exposure cannot be avoided.
- EPIDUO Gel may bleach hair and colored fabric.

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stay cool, look hot!

These sweet summer looks are so easy to style, you won't even break a sweat.

BY meredith gray

Mon.

If you have fine hair, tease it at the roots to give it more oomph.



MALL RUN

major volume

HOW-TO: When you're hitting the mall with friends, this style will glam up every look you try on. Apply a **volumizing mousse** to wet hair and scrunch to create waves as you blow-dry. Gently rake through the waves with a **boar-bristle brush** to rough up the texture, then pin back the top half.

try: TIGI Catwalk Your Highness Root Boost Spray, $15, tigihaircare.com; Olivia Garden XL Boar Small Brush, $19, ULTA stores

casie, 18

Tues.

Position the pony to the side so it falls over your shoulder.



INTERNSHIP

polished pony

HOW-TO: A low knotted pony says you're sophisticated *and* creative! As you pull back your hair, leave out a face-framing swoop. Then wrap an inch of hair from underneath the pony around the elastic. Use a **teasing comb** to lift the hair at your crown, and apply a dab of **pomade** to keep bangs in place.

try: Conair Styling Essentials Teasing & Lifting Comb, $3, drugstores; Sebastian Professional Matte Putty, $17, salons

Wed.



FAMILY DINNER

sleek strands

HOW-TO: Look put together for Mom and Dad, even after a mellow beach day! Run a **flat-iron** over one-inch sections of hair and flip it up at the ends to create bounce. Top with a **shiny black headband** for a chic touch.

try: Infiniti by Conair iSeries ¾" Ceramic Straightener, $25, drugstores; Goody Ouchless Flex Thin Pressure-Free Headband, $5 for pack of two, drugstores

REAL GIRL PHOTOS: CHRIS ECKERT/STUDIO D. SITTINGS EDITOR: BETSY MULLINIX. HAIR: JOHNNY LAVOY, FORD ARTISTS NYC FOR KERASTASE. MAKEUP: ANTHEA KING FOR MARK. ON CASIE: (MON.) TOP: JONESIE; EARRINGS, CLAIRE'S; (TUES.) TANK, LAQUETTE; EARRINGS, GIRLPROPS; (WED.) TANK, NIKITA SELEKZION; (THURS.) VEST, STYLIST'S OWN; TANK, NIKITA; EARRINGS, NINE WEST; NECKLACE, RACHEL LEIGH NY; (FRI.) DRESS, LULU'S; (SAT.) DRESS, LULU'S; EARRINGS, CLAIRE'S; (SUN.) TANK, STYLIST'S OWN; EARRINGS, LULU'S. STILL LIFES: J MUCKLE/STUDIO D.

SEVENTEEN.COM Get inspired by celebs' beachy summer hairstyles at seventeen.com/celebbeauty.

www.WorldMags.net & www.aDowns.net

Thurs.



GIRLS' NIGHT

bold bun

HOW-TO: Keep your hair simple (and out of the way!) with a flirty bun. Skip washing today and slick your hair back into a high, tight pony. Twist it into a bun, then secure with an elastic. Gently tug the edges of the bun outward to make it appear fuller. Smooth flyaways with a strong-hold hairspray.

try: Scünci No-Slip Grip Elastics, $4 for pack of 19, drugstores; Pantene Pro-V Fine Hair Professional Level Style Shaping Spray, $6, drugstores

Fri.



DANCING

sultry waves

HOW-TO: Touchably soft waves will have tons of movement on the dance floor! Roll two-inch sections of hair in hot rollers (curl each piece under); set for 20 minutes. Shake out the curls to relax them into loose waves.

try: Remington Style Colossal Curls Rollers, $30, Walmart stores

Sat.



DINNER DATE

romantic twists

HOW-TO: He'll be the one burning up when he sees you with this windswept style! Make a deep side part, then gather hair into a low pony behind your left ear. Separate the pony into one-inch sections. Tightly twist each until it coils against your head, then secure with a bobby pin. Mist shine spray all over to make the twists extra glossy.

try: Ricky's Invisipins Mini, $3 for pack of 30, rickysnyc.com; Tresemmé No-Frizz Shine Spray, $5, drugstores

Sun.

Alternate the direction you curl your hair for a more natural look.



BACKYARD BBQ

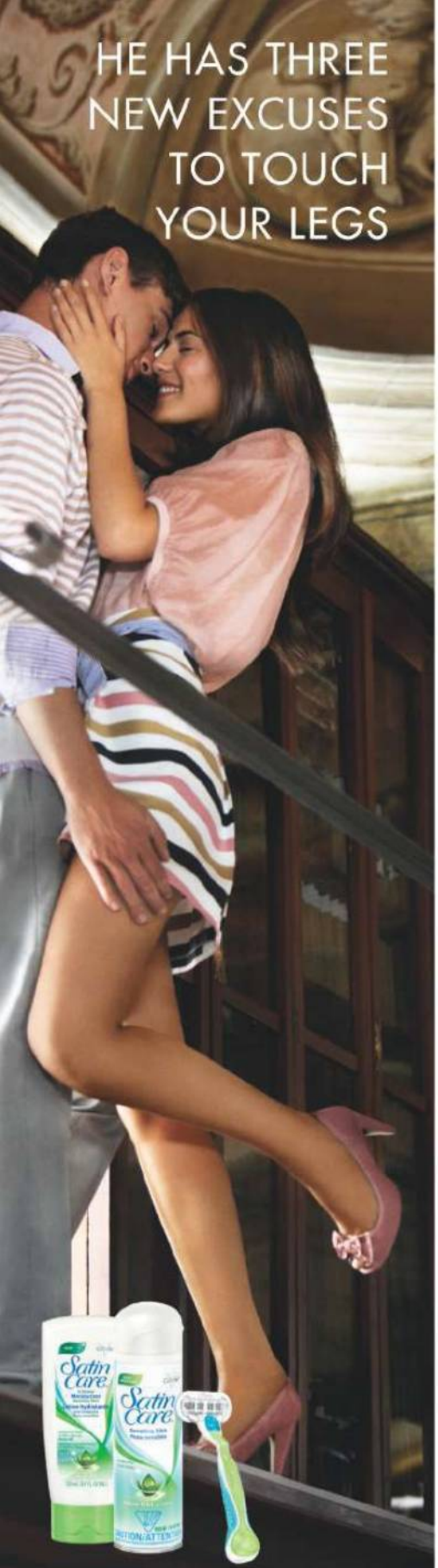
playful pigtails

HOW-TO: These aren't your little sister's pigtails—combine loose braids with wrapped ponies for a fresher look. Create soft waves with a large-barrel curling iron, then make a center part and split hair into two sections. Start to weave each into a braid behind your ear, then secure with an elastic two inches down and wrap a piece of hair around it.

try: Hot Tools Professional Spring 1¼" Curling Iron, $37, ULTA stores

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HE HAS THREE NEW EXCUSES TO TOUCH YOUR LEGS



The new way to stunningly smooth legs
1. Protect with new Satin Care® Shave Gels
2. Smooth with Venus® Embrace Razor
3. Moisturize with the new Satin Care In Shower Moisturizer

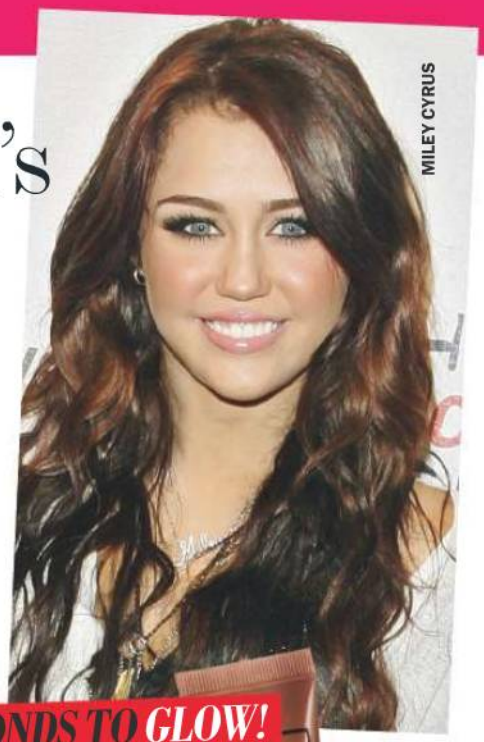
SMOOTH. SEXY. SATIN.

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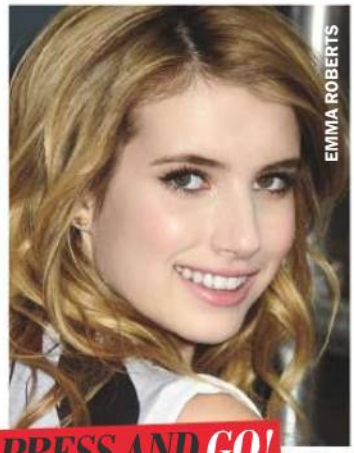
the lazy girl's beauty guide

These products help you look smoking hot super-fast—with zero effort!

BY meredith gray



MILEY CYRUS



EMMA ROBERTS

PRESS AND GO!

THE LAZY WAY: Running from the beach to a party? These press-on eyeshadows save mirror time so you don't miss the fun! Touch one to each lid and rub to transfer the shadow and highlighter. The result is a perfectly sculpted eye look—no blending required!

try: Hard Candy Eye Tattoo Eye Shadow in Glitter, $10, Walmart stores



SECONDS TO GLOW!

THE LAZY WAY: Create a sun-kissed glow *fast*, without waiting for self-tanner to sink in. Add a hint of color to your complexion by smoothing this soft bronzer onto lids and cheeks, or apply it all over to fake a full-on tan.

try: Stila One Step PrimeColor in Bronze Babe, $22, stilacosmetics.com





BEYONCÉ

BOLD NAILS, NO MESS!

THE LAZY WAY: These super-cool strips bond directly to your nails, making it look like you spent hours getting a custom manicure. Rub a strip onto each nail, then smooth from the center outward to seal it in place.

try: Sephora by OPI Chic Prints for Nails Design Appliqués, $15, Sephora stores



SEVENTEEN.COM See how the hottest summer makeup looks on you at seventeen.com/salon

STILL LIFES: JESUS AYALA/STUDIO D. CYRUS: BIG PICTURES/BAUERGRIFFINONLINE.COM. ROBERTS: JANET MAYER/SPLASH NEWS. BEYONCÉ: ADAM ORCHON.

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get to the root!
This peach-scented pure sugar wax keeps you hair-free even in random places, like your tummy or lower back. Just warm it in the microwave and use the included strips. Unlike other waxes that leave a sticky residue, this wax rinses off with warm water.

try: Nair Naturally Smooth Warm Wax, $8, drugstores



stay trim!
Headed to a spontaneous pool party? Clean up your bikini line fast—this trimmer has a plastic comb that forms a protective barrier between your skin and the blade, so you don't have to worry about irritation.

try: Venus Bikini Trimmer, $5, drugstores

be fuzz-free!

When life gets a little hairy, these new products help you smooth things over.

BY heather muir



expert tip
Minimize razor burn by rinsing cold water over freshly shaved skin to help close your pores.



shave fast!
You don't have to spend big bucks on a fancy razor. This disposable shaver has five (!) blades to remove every single hair, and it even gets into tricky spots, like underarms and behind knees.

try: Venus Embrace Disposable Razors, $10 for pack of three, drugstores

save time!
Multitask with this 2-in-1 shaver. Its four blades are surrounded by a solid lotion that softens your skin when it gets wet—so you can skip shaving cream!

try: Schick Intuition Plus Razor, $10, drugstores



lather up!
Not only does this luxurious foam help you get a really close shave and prevent nicks, but it also leaves your skin smelling like roses and jasmine!

try: Satin Care Floral Passion Shave Gel, $4, drugstores



nix stubble!
Rock sexy legs all week! If you feel stubbly a day after you shave, don't shave again. (It can irritate your skin.) Instead, smooth on this soothing depilatory lotion and wait a few minutes before wiping away prickly hairs with a damp washcloth. Bonus: This product has a new technology that helps mask the strong scent depilatories usually have.

try: Sally Hansen Pure Scent-Sation Hair Remover Creme for body, $10, drugstores

MAIN PHOTO: ONDREA BARBE. STILL LIFES: (SALLY HANSEN HAIR REMOVER CREME) J MUCKLE/STUDIO D; (ALL OTHERS) JESUS AYALA/STUDIO D.

17 EXPERT: Diane Wood, Master Barber for King of Shaves.

SEVENTEEN.COM Get—and give—hair-removal tips at seventeen.com/getadvice.

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IF I HAD SOMETHING TO HIDE, I'D CARRY A SAFE.



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A SPECIAL GUIDE FOR GIRLS WITH THICK WAVES, FRIZZY CURLS, OR POUFY HAIR

make your hair behave!

Say adios to bad hair days! Here's how to take control and fall in love with your texture again. BY heather muir



must-haves for smooth, shiny hair

You're only three steps away from an amazing hair day!



1 DEFINE YOUR CURLS

Thick curls need extra moisture to keep them smooth. The cure: a curl cream with mango butter. This natural oil defines your curls, plus adds an extra boost of hydration and softness. Apply a small dollop on damp hair (too much can weigh down your curls), then comb through to distribute it evenly. Let air-dry.

try: Redken Curl Wise 14 Defining Cream, $16, redken.com for salons

2 GET CRAZY SHINE

Is your hair looking dull and blah? Go for a shine spray that gives you mirrorlike shine and nourishes your hair from the inside out. Look for nourishing ingredients like olive, avocado, and shea oils—you'll get instant (and long-term!) gleam.

try: Garnier Fructis Triple Nutrition Nutrient Spray, $6, drugstores

3 STOP KNOTS

When your hair turns into a tangled mess, don't attack it with a brush—you'll only break your hair in the process. Spray two pumps of a detangler into damp hair—it will soften and separate your knots.

try: Pantene Pro-V Medium-Thick Hair Solutions Silkening Detangler, $4, drugstores

CONTROL FLYAWAYS

Smooth hairline frizz with a pea-size drop of strong-hold styling cream that contains coconut oil. Apply on your fingertips, then lightly smooth it on your hairline—it acts like a barrier to keep strands smooth and fuzz-free.

try: Palmer's Coconut Oil Formula Styling Cream, $6, drugstores

MEGA frizz fighters

Bring on the rain! These humidity blockers help lock your style in place.



HYDRATE IT

Prevent frizz before it forms by combing a moisturizing leave-in conditioner through hair after you wash and condition.

try: Macadamia Natural Oil Nourishing Leave-In Cream, $26, ULTA stores



PREVENT POUF

Keep hair from expanding by running a cream-gel combo through damp locks—the gel holds strands in place while the cream smooths frizz.

try: Suave Professionals Weather Protection 365 Anti-Frizz & Flyaway Cream Gel, $3, drugstores

MAIN PHOTO: ONDREA BARBE. STILL LIFES: JESUS AYALA/STUDIO D.

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THE SCIENCE OF LOOKING AWESOME



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CUTE celeb styles

These easy-to-do hairstyles make the most of your unique hair texture!



SELENA GOMEZ

MERMAID BRAID

To pull off this chic, wear-anywhere braid, apply a bit of pomade to the length of dry hair for hold and shine, then pull all your hair to one side and braid. Secure with an elastic.



JOSIE LOREN

SIDE-PINNED SWIRLS

Take your wavy style up a notch: Pin the side opposite your hair part. It's that easy!



SHAKIRA

VOLUMINOUS TOP

Pin-straight strands look cool and shiny when you bump them up in front. Flat-iron your entire head, tease the front to create the bump, then gather the top half back.



CAMILLA BELLE

TOUSLED WAVES

Yes, even the thickest, poufiest hair can get these waves: Apply spray-gel to damp hair, make big braids all over your head, then go to bed. Undo them in the morning.

the ultimate blowout

Beauty insiders know Dominican salons give the best blowouts! Here's the secret to getting the super-soft, swingy, shiny look at home.



VICTORIA JUSTICE



1 WASH Triple wash your hair—it helps to get all the gunk out so your hair can shine like crazy and your blowout can last for a week! Add moisture back with a deep conditioner. Afterward, lightly mist a blow-dry lotion all over to prep your hair, but use just a little to avoid weighing it down.
try: Ted Gibson Build It Blow Drying Agent, $20, tedgibsonsalon.com

2 BLOW-DRY Dry two-inch sections of hair at a time (make sure your dryer has a nozzle attachment) using a medium round brush. The secret is to brush through the top of each section first (to smooth it), then from underneath (to add bounce).
try: Revlon Signature Series Brush, $5, drugstores



3 PIN CURL At a Dominican salon, the stylist would set your hair in rollers, then put you under a hooded dryer to make hair perfectly smooth and bouncy. You can get the same effect with pin curls: After drying each section, use the brush to curl the hair to your roots, then blast it with a shot of cold air to set the shape. Gently remove the brush and roll the hair up into a loop—secure against your head with a duckbill clip. Do this all over. Leave in for 15 minutes, then remove clips and finger-comb through.
try: RickyCare Control Clips in Navy, $5 for pack of four, rickysnyc.com

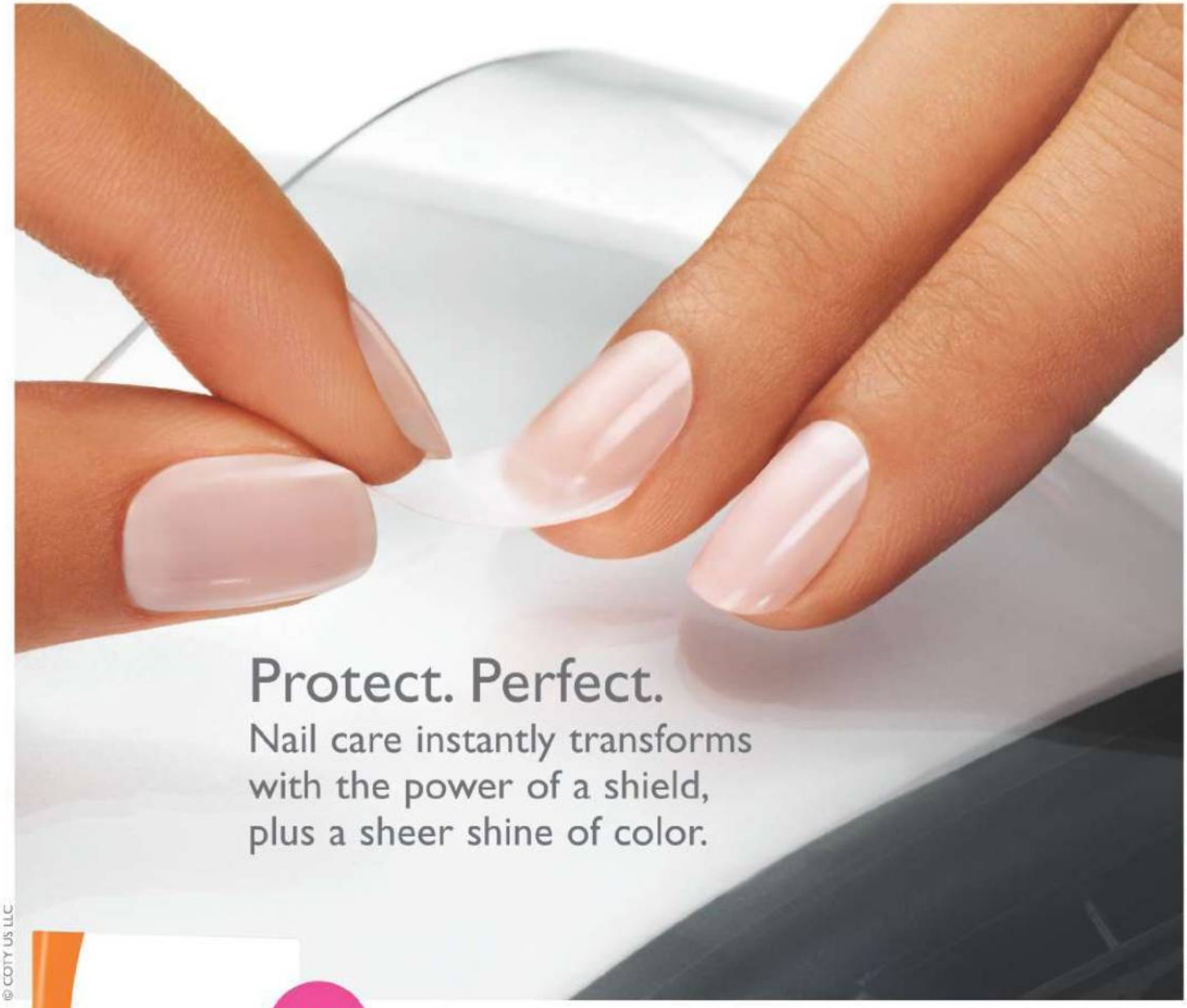


17 EXPERT: **Consuella Lopez,** master stylist at the Ted Gibson Salon in Washington, D.C.

SEVENTEEN.COM Get tons of ideas and tips for your exact hair type at seventeen.com/hairgallery

GOMEZ: FRANK MICELOTTA/GETTY IMAGES FOR KCA. LOREN: FRAZER HARRISON/GETTY IMAGES. SHAKIRA: DIMITRIOS KAMBOURIS/WIREIMAGE. BELLE: NOEL VASQUEZ/GETTY IMAGES. JUSTICE: STEVE GRANITZ/WIREIMAGE.

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Model is wearing Sheer Blush.

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WARM WEATHER, HOT BODY!

Throw off that beach cover-up with confidence! These moves from mega-trainer Bobby Strom got **Scarlett Johansson** in shape for *Iron Man 2,* and they'll tone *your* butt, abs, and thighs just in time for summer.



You can do it! Scarlett never worked out like this, but Bobby's moves made her tighter and more toned in six weeks!

OPEN FOR WORKOUT MOVES!

MAIN PHOTO: TERRY DOYLE. SITTINGS EDITOR: BETSY MULLINIX. HAIR: STEVEN HOEPPNER FOR ARTISTSBYTIMOTHYPRIANO.COM. MAKEUP: CARMINDY FOR CARMINDY.COM. ON MODEL: BIKINI: KANDI SWIM BY DANI KATES; GREEN BRACELET, FOREVER 21; ALL OTHER BRACELETS, CLAIRE'S. JOHANSSON: (BEFORE) FAME PICTURES; (AFTER) FRANÇOIS DUHAMEL/MARVEL ENTERTAINMENT.

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feel lighter and leaner!

If you pick the right foods, a bloated tummy will *never* kill your beach buzz.

DON'T RELY ON DIET FOOD! Foods labeled "sugar-free" or "low calorie" often have fake sweeteners added, which can cause gas and bloating, so don't overdo it.

skip it:

pick it:

DITCH THAT "TOO FULL" FEELING!



blueberry muffin with butter

whole wheat English muffin topped with light cream cheese & strawberry preserves

If you're headed to the beach, a buttered muffin seems fast and easy. But it's filled with unhealthy fats, so it will just sit in your stomach and make you feel puffy. Instead, have a whole wheat English muffin with light cream cheese. The fiber from the whole grains and the protein from the cream cheese will make you feel satisfied but not like you have a "food baby" in your tummy!



Pick all-fruit spread to add sweetness without too much sugar, so it won't increase your hunger!

BEAT BLOAT!



chips & soda

fresh fruit with peanut butter dip & raspberry iced tea

The pool snack stand is full of packaged foods, which have lots of hidden sodium that can make you bloated, and bubbly drinks puff out your tummy. Swap in iced tea for soda, and snack on fresh fruit—it's full of water, which helps with digestion, and its potassium may even help balance the salt in your diet to help your stomach stay flat!



A dip with protein (mix 6 oz. plain nonfat yogurt with 2 tsp. peanut butter) makes fruit more filling!

PREVENT AB FLAB!



chicken fingers & fries

whole wheat grilled chicken wrap with avocado & honey mustard

If you tend to gain weight in your belly, try adding avocados, walnuts, or olive oil to your diet. Research has shown that picking the healthy fats in those foods over the unhealthy fats found in fried and greasy foods can make your body less likely to store fat in your tummy area over the long run!



Lean proteins, like grilled chicken, boost muscle tone!

STILL LIFES: (SODA) MICHAEL ROSENFELD/GETTY IMAGES; (ALL OTHERS) KARL JUENGEL/STUDIO D. FOOD STYLIST: MARGARETTE ADAMS.

17 EXPERT: **Keri Glassman, R.D.**, a contributor to *The Early Show* on CBS and the author of *The 2 Week Total Body Solution* (Rodale, 2008).

www.WorldMags.net & www.aDowns.net

get a killer summ

YOUR PERSONAL TRAINER

NAME: Bobby Strom

LOCATION: Los Angeles, CA

CELEBS HE HAS TRAINED: Scarlett Johansson and Jessica Biel

WEB SITE: bobbystromfitness.com



TRAINING TIP:

"Blast upbeat music! It doesn't just get you pumped—it also helps you block everything else out so you can focus on doing the moves right, and that leads to better, faster results!"

1 SHORT-SHORTS LUNGES

sarah kate, 16



TRAINING TIP:

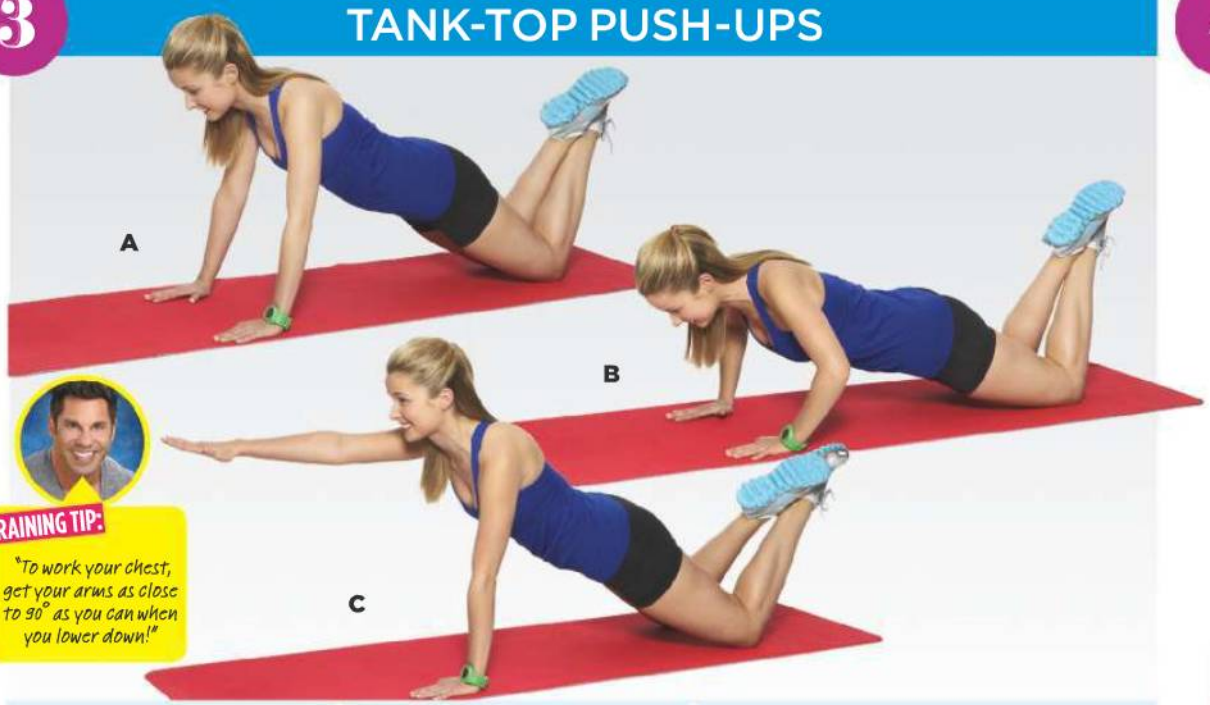
"With your arms up, your legs work harder to stay balanced for extra toning!"

A Stand with feet shoulder-width apart and arms straight up overhead.

B Lunge forward with right leg, until both knees are bent at 90°.

C Push off right f behind you, goi lunge. Do 10 re

3 TANK-TOP PUSH-UPS



TRAINING TIP:

"To work your chest, get your arms as close to 90° as you can when you lower down!"

A With your back straight, get on hands and knees in a modified push-up position.

B Keeping your body tight from head to knees, bend your elbows to lower your chest.

C Push up, then lift right arm. Hold for 5 seconds, then repeat push-up, ending with a left arm lift. That's one rep. Do 10.

4 SWIM



A Stand with your together and yo down at your sid

STEP-BY-STEP PHOTOS: SARRA FLEUR/STUDIO D. FASHION STYLIST: KATIE PAINE. HAIR AND MAKEUP: ERICA WHELAN FOR MAC COSMETICS. ON SARAH KATE: TANK, TEFRON; SHORTS, RESE; WATCH, OLD NAVY; SOCKS, GOLD TOE; SNEAKERS, REEBOK.

TEAR OUT HERE!

Join Team Seventeen at seventeen.com/team17 for support from other readers an

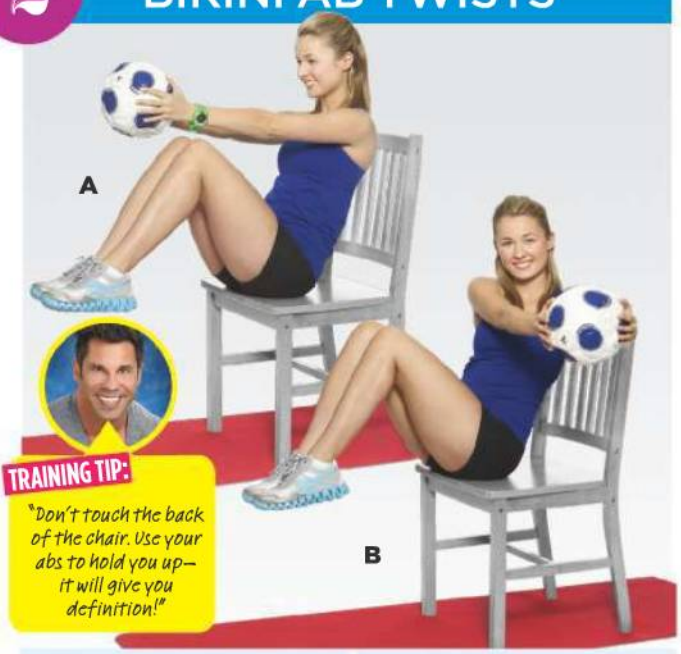
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...er bod!

Yes, you *can* rock the season's body-baring fashions. These moves will firm you up fast—in all the right places!

...oot and step it
...ing into a back
...os on each leg.

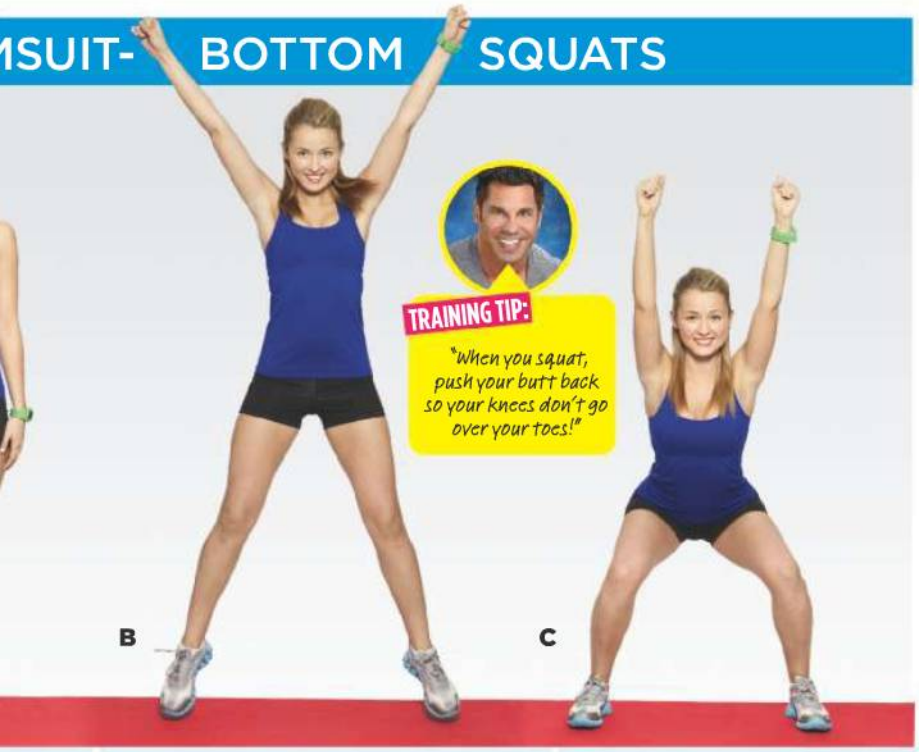
2 BIKINI AB TWISTS



A Sit on the edge of a chair, holding a ball in front of you. Lean back and lift feet with knees bent.

B Twist left. Bounce the ball, catch it, then repeat on the other side. Do this for 30 seconds.

...MSUIT-BOTTOM SQUATS



...feet
...ur arms
...les.

B Bend your knees and jump up, spreading your arms and legs out as if you're doing a regular jumping jack.

C Squat as you land, bending your knees to 90°. Jump back to start. Do 10 reps.

YOUR PLAN!

Do this workout three times a week, and you'll feel more confident in a month.

STEP 1: STRENGTH MOVES

Doing one set of each move in a row is called a circuit.

Complete the circuit three times, and don't rest between the moves. Doing the workout fast keeps your heart rate up, so you burn even more fat!

STEP 2: CARDIO INTERVALS

Sprint as hard as you can for 20 seconds, then rest for 20. That's one interval.

Do 10 minutes of these intervals total, then add one interval each time you work out. You'll only see results if you continue to challenge your body each time!

WIN A SWAG BAG!



Go to seventeen.com/freebies for a chance to win exercise clothes *and* a beach outfit (to show off your bod!) by Oakley.

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be confident in your bikini

You won't have to change a thing about your body to feel comfy in your swimsuit. Jess Weiner has the secret!

THE seventeen Body Peace PROJECT



beach victory Nothing will ever kill Nina's confidence as long as she keeps that healthy attitude (and cute suit!).



I know how terrifying it can be to rip off your cover-up and jump into the pool. In reality, it takes about 10 seconds to go from point A to point B—but it feels like *hours*. As you unzip your shorts and throw off your top, your brain races: Does *he* notice those pimples on my back? How come my friends don't have stretch marks on *their* thighs? But instead of thinking so much, it's time to shift your focus to *doing*—you're stripping down to your suit for a reason, right? You want to cool off in the pool, splash on the beach, or read in the shade and feel the warm breeze on your skin. And without pushing aside those inner voices, you'll never truly enjoy *any* of it. All the girls on this page look pretty darn good, don't they, and yet they all cop to having been paralyzed by their own negativity. But they learned to get over it (and get into the pool!), and you can too. Their prebeach confidence tricks will help take your attention off your body and put it onto having fun!

xo, Jess

Know your looks don't define you.

"Paparazzi took pics of me in my bikini that ended up online. I saw them, but I turned a blind eye. **Why bother myself** by reading the comments? I can do things like yoga to change my body in a healthy way, but nothing changes the foundation of who I am."

–Nina Dobrev

Stop obsessing in the mirror.



"If you don't examine yourself, you're less likely to worry about what you look like. I've put on a bathing suit and **analyzed myself in the mirror, and I always found something wrong.** You always will, because nobody's perfect! I just don't look now, so I don't have those insecurities at the back of my mind when I'm at the beach."

–Ashley Greene

Focus on fun.



"I never used to swim because I was scared of putting on my suit. But then last summer I took a good look at the girls at the beach who I thought were beautiful, and I realized they didn't have perfect figures—the hottest girls were the ones smiling and having fun! Now I know the secret to feeling confident is enjoying yourself."

–ALISSA (RIGHT), 16, WITH A FRIEND, BETHLEHEM, PA



Buy a cute suit.

"I used to hate wearing bikinis until I realized that you can buy mix-and-match tops and bottoms in different sizes so your suit fits your body perfectly. I always go for prints in bright colors, because I feel like a crazy pattern takes the attention off my body—and puts it on my adorable bikini!

–EBONI, 19, OLD BRIDGE, NJ



Honor your body.

"There is always going to be pressure to look good for bathing-suit season, and if you're like me and don't have model genes, then just work out a little bit more and **try to add fruits, veggies, and protein to your diet.** Taking care of your body helps you appreciate it!"

–Demi Lovato

17 EXPERT: Jess Weiner, an author, a self-esteem expert, and the Global Ambassador for the Dove Self-Esteem Fund. Go to jessweiner.com for more info.

SEVENTEEN.COM Tell Jess your secret confidence trick at seventeen.com/jess

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summer body traumas—solved!

Why do our bodies seem to do the *grossest* stuff during the hottest months? Here's how to stop it!



ITCHY!

bumpy bikini line

As curly hair grows in after shaving, it can get trapped beneath skin, causing irritated red bumps.

- **Prep the area.** Bumps often pop up after your skin has been irritated by a razor during a rough shave. So wait until the end of your shower to shave your bikini line: The steam will soften your skin and open your pores. And don't forget shaving cream! It helps the razor glide more easily.
- **Shave in the direction hair grows.** Running your razor *against* the hairs can inflame the skin, increasing the chances that hair will get trapped beneath it.
- **Exfoliate.** Removing dead skin cells frees up follicles so hair can grow straight out, not back in. So the day after shaving, gently rub your bikini line with a loofah, or use a cotton ball with an exfoliating astringent.

FIX IT FAST! Apply a cortisone cream with aloe vera in the morning and at night, and pick clothes that won't irritate the skin near your bikini line.

CRUSTY!

infected piercings

Sweaty skin and pool water are hotbeds for bacteria, which can make your piercing oozy, crusted, and painful.

- **Wait for the right time.** This is the *last* thing you want to hear during bikini season, but you shouldn't get pierced until fall. Piercings take at least four months to heal, and until then, you're way more likely to catch an icky infection that you definitely won't want to bare.
- **Keep it clean.** Even if your piercing is older, *every* belly button traps more sweat and bacteria in the hottest months. So clean it daily with antibacterial soap and three times a week with peroxide.
- **Watch where you swim.** Lakes and public pools may be teeming with gross infection-causing bacteria, so avoid them if your piercing is still pretty new and not healed all the way.

FIX IT FAST! If the area's just a little red, apply a polysporin cream twice a day. But if it swells or oozes puss, see a doctor, who can prescribe antibiotics.

STICKY!

sweaty pits



In summer, it seems like your sweat glands go into overdrive, causing stains or BO.

- **Wear airy clothes.** Tightly knit fabrics like silk and rayon trap sweat on your skin, while looser ones like cotton or linen let it evaporate.
- **Buy strong antiperspirant.** To keep even the sweatiest pits drier, look for *clinical protection* on the label. It has a stronger antiperspirant, to block sweat ducts. (If that doesn't work, ask your doc for an even *more* powerful prescription.)
- **Apply it before bed.** That way, the active ingredients can seep into your skin overnight and turn down your sweat glands so you start the day dry. (Apply again in the A.M., just in case!)

FIX IT FAST! Keep moist towelettes and deodorant in your bag so you can run to the bathroom, wipe your pits, and reapply!

SMELLY!

stinky feet



When your feet sweat, bacteria multiply in your shoes and release an icky odor.

- **Prep your feet for a hot day.** Bacteria love moist places, so spray feet with antiperspirant deodorant (the kind you'd use on your armpits) and sprinkle with baby powder, which absorbs sweat.
- **Air out your funky shoes.** Instead of spraying them with perfume to mask the stink *temporarily,* put shoes in the sun for a few hours. The UV rays will actually kill the bacteria!
- **Wear sandals when you can.** Your feet will sweat less and smell better if they can breathe. (But if you do wear sneaks, put on cotton socks, which help soak up sweat.)

FIX IT FAST! Soak your feet in the tub for two minutes, then scrub between your toes really well with a washcloth and soap.

CYRUS: MAVRIKONLINE.COM. FERGIE: PETER KRAMER/GETTY IMAGES. HEARD: AGENT 47/WENN.COM.

17 EXPERTS: Krishna White, M.D., medical reviewer for TeensHealth.org; **Hilary Reich, M.D.,** a dermatologist based in New York, NY.

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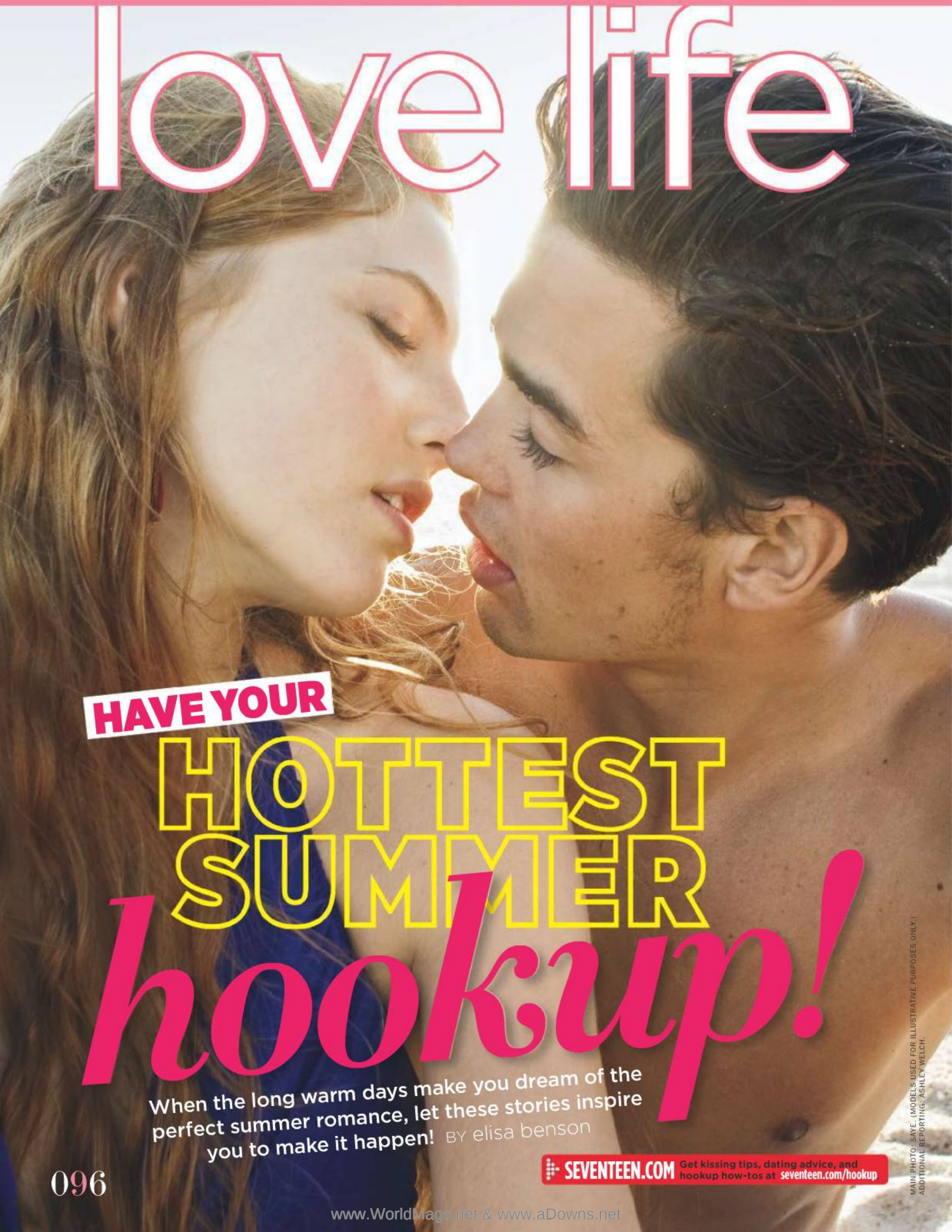
Compak Pearl regular stops more leaks than Playtex Sport regular

Outsmart Mother Nature

TAMPAX



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HAVE YOUR HOTTEST SUMMER hookup!

When the long warm days make you dream of the perfect summer romance, let these stories inspire you to make it happen! BY elisa benson

SEVENTEEN.COM Get kissing tips, dating advice, and hookup how-tos at seventeen.com/hookup

MAIN PHOTO: SAYE. (MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.)
ADDITIONAL REPORTING: ASHLEY WELCH.

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WHAT'S YOUR *fantasy?*

party hookup!

The fireworks are *intense,* because the flirty tension with your crush has all night to build—from the first hello to the magical moment when your lips finally meet.

My friend introduced me to a cute guy at her birthday, and I was instantly attracted to him. As we flirted, I asked what kind of girls he goes for, and he described someone like me! We started dancing, and I literally tingled when he put his hands on my waist. **Then he pushed my hair over my shoulder** and kissed my neck. We moved away from the crowd and kept kissing as he slid his hands up my back. I thought I would melt!

–TAYLER, 16, EASTON, MD

beach makeout!

The sound of the water, the smell of the salty air, and the feel of the sand beneath your toes puts you on sensory overload—which makes your kisses even more delicious!

My boyfriend and I went to the beach, and decided on a whim to rent a beach chair and an umbrella. It created a private space just for us, and **we spent the entire day kissing underneath the umbrella.** I've never felt so close to him as I did snuggling in the chair and listening to the sound of the waves. The sun started to set, but we didn't even notice that the beach was closing until an embarrassed lifeguard told us we had to leave!

–JEN, 20, HOUSTON, TX



vacay fling!

On vacation, you're on a hunt for new adventures—guys included! And since you're the most relaxed version of yourself, you open yourself up to romance that's just as carefree.

I met Alex at a resort in the Bahamas, and we hung out every day. On my last night, we took a walk on the beach. Under a full moon, **he gave me a short, sweet kiss.** Then he looked in my eyes and said, 'I'm really going to miss you.' The next morning, I wanted to see him again, so I got up early and met him in the lobby. We had one last kiss—simple and perfect. It was the best summer of my life.

–JENNIFER, 17, MEMPHIS, TN

be his hottest!

Guys tell you about the girls they've never forgotten—so you can leave *your* mark this summer.



let him chase you

"I met this beautiful girl on a cruise, but she never acted interested. Then on our last night, at sunset, she whispered that she'd thought about me the whole trip. I couldn't believe it! The soft kiss that came next was *perfect*." **–jordan, 18, cleburne, tx**



wage a flirty war

"I was in the ocean with this cute girl, and she started splashing me—so I splashed back! It started a playful fight that made it okay to get a little touchy-feely. When she jumped on my back to bring me down, we were close enough that it led to a spontaneous, passionate kiss." **–larry, 20, miami, fl**

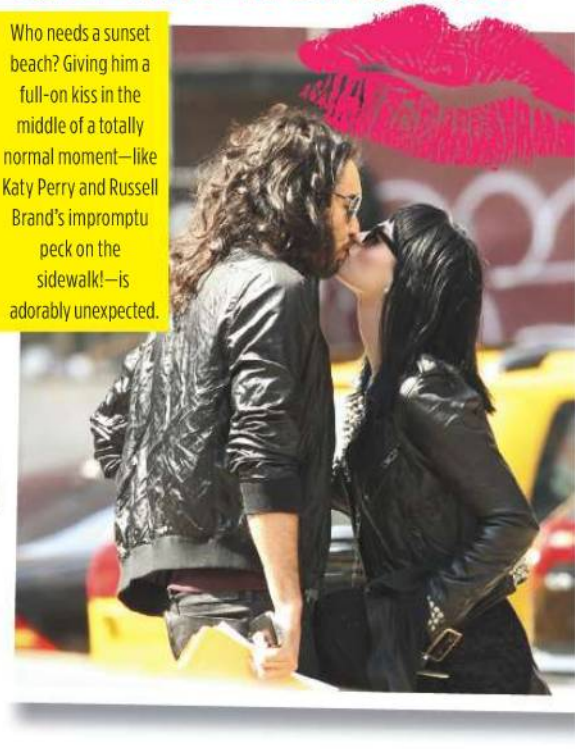


kiss him first

"I was at the beach with my best girl friend. She tapped me on the shoulder and said, 'Hey, I want to tell you something.' Then she kissed me! It was an awesome surprise. I think in the summer, it's good to be bold!" **–alexander, 19, altadena, ca**

CELEB TRICK TO TRY: SIDEWALK SMOOCH!

Who needs a sunset beach? Giving him a full-on kiss in the middle of a totally normal moment—like Katy Perry and Russell Brand's impromptu peck on the sidewalk!—is adorably unexpected.



MAIN PHOTO: BLOSSOM BERKOFSKY. (MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.) PERRY AND BRAND: DANIEL/MAUCERI/INFPHOTO.COM.

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seventeen HOT GUY PANELISTS Ask them your Qs at seventeen.com/hotguys

meet the cutest guys at the beach!

With sneaky tips from our Hot Guy Panel, you'll know the smoothest way to get any guy's attention. BY elisa benson

tease him!

"I wear the brightest, most obnoxious swim trunks I can find, because I like to stand out. But this one time, as I was getting out of the ocean, this girl joked, 'Nice neon shorts. Did the sharks notice?' I liked that she was teasing me—it made me want to play along."



–carson, 21, knoxville, tn

get off your towel!

"If I'm throwing a Frisbee or a football on the beach, I *want* attention, so come up and ask to play! The secret is to bring your friends, because that gets *my* buddies interested—otherwise, they'll get bored and try to steal me away from you."



–lance, 20, west hills, ca

set up camp nearby!

"Situate your group next to the guy you have your eye on. Being close by him is key, because no matter how cute he thinks you are, he won't follow you across the beach just to strike up a conversation. He'll feel like a stalker!"



–mike, 18, new york, ny

butter him up!

"Before the beach, I always do as many push-ups and sit-ups as I can. It gives me an instant buff—pathetic, I know. But guys want compliments on their bodies! I'm still waiting for that girl who casually says, 'Oh, you must work out!'"



–matt, 22, brooklyn, ny

make flirty eyes!

"If you see a guy you like, all you need to do is look him in the eye and give him a little smile. Eye contact is enough to encourage him to come over. It's also the reason I *never* wear sunglasses!"

–paul, 18, nazareth, pa

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SEVENTEEN.COM The Hot Guy Panel tells you flirting moves that *don't* work at seventeen.com/beach

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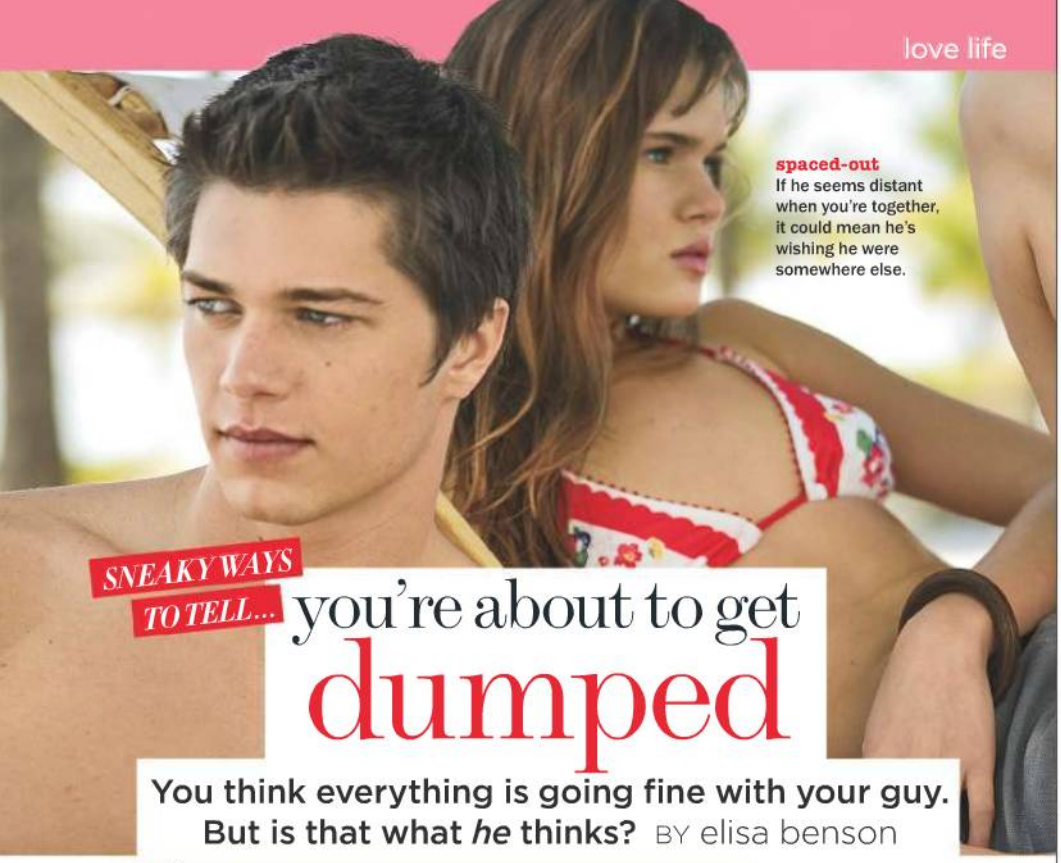
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spaced-out
If he seems distant when you're together, it could mean he's wishing he were somewhere else.

SNEAKY WAYS TO TELL...

you're about to get dumped

You think everything is going fine with your guy. But is that what *he* thinks? BY elisa benson

☑ He's less into one-on-one time.

At first, your guy couldn't wait to get you alone at parties or to make out after a date. But a guy who wants to split might feel guilty about hooking up, because he knows it means more to you than it does to him. If he starts to avoid romantic time—like by inviting another couple to the movies, or making a fast exit at the end of the night—use the space to think things over: Is the chemistry the only thing that has faded, or have *your* feelings for him changed too?

☑ He drags his feet.

If a guy isn't excited about making plans for the future, it could be because he's not sure he wants one. He might agree to see Warped Tour next month, but he never actually asks for the day off or checks Ticketmaster for prices. Of course, you can make the plans yourself, but if you're always the one in charge of dates, it's a sign that he's not invested.

☑ He doesn't have time to talk.

When you were his top priority, he wanted to hear about every detail of your day. Now he's focused on other stuff—so he might glance at your text but not respond until a few hours later. Or when you call him when he's out with the guys, he just lets it go to voice mail. He might not even realize he's doing it—his priorities have just shifted.

"i dumped him first"



"I noticed my boyfriend's calls were less frequent, and he kept being 'busy.' I tried to make things better. But then it hit me: Why would I want a guy who doesn't want me? After I ditched him, he begged me to come back. But I wasn't into him anymore."

–KELLIANNE, 21, PHILADELPHIA, PA

SEVENTEEN.COM Get personal answers to your dating dilemmas at seventeen.com/getadvice

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More than **3,500** people die every year in the US from drowning.

"i saved a girl from drowning"

In a split second, Tanya, 19, knew she had to try to save a young girl's life, but she never realized how much it would change her own.

AS TOLD TO kierna mayo

www.WorldMags.net & www.aDowns.net

It was a gorgeous August day at the beach and my mom and I were having a blast, lying out in the sun and laughing, when suddenly I saw a woman frantically approaching sunbathers to ask if she could borrow a phone. "I need to call 911!" she yelled. "What's going on?" I shouted while rushing to her. In a panicked voice she said that a little girl and her dad were swept out to sea by the current! The beach was known for rough waters—even as an off-duty lifeguard, I didn't go in that day because the current was so strong. But when I heard what was going on, I clicked into rescue mode: I didn't say anything—I just sprinted into the water.

CALL TO RESCUE

Ever since I can remember, I'd wanted to be a lifeguard. But when I was growing up, my dad didn't think it was a great idea. Before I was born, a family member drowned trying to rescue someone. My family doesn't talk about the tragedy much, but I was determined to get my lifeguarding certificate as soon as I could.

And once I got my first job at a local pool, I *loved* it—from then on, I spent my summer days doing first-aid and warning people not to go out too far at beaches. Thankfully, I never had to rescue anyone from drowning.

But all that changed that August day. I had been working two lifeguarding jobs all summer in and near my town in Cape Cod: one where I'd patrol beaches and ponds; and another for a resort, where I guarded a pool that was usually full of families. It was great, and I loved hanging out with my friends from work. Yet as the summer was ending, I decided to take a day *off* from work so my mom and I could spend time together. I never could have imagined the life-or-death situation I would be in just minutes later.

BASIC INSTINCT

I started swimming to rescue the girl and her dad when I passed *another* woman who'd attempted to get them. She was struggling, so I yelled at her to float on her back until help came. Then I saw them: a man in his forties and a little girl who looked about 10. They were separated and screaming for each other. I could hear my father's warning in my head: When people are fighting to survive in the water, it's dangerous to go near them because they will pull you under without meaning to—their natural reaction is to grab *anything* to stay afloat.

So I made a heartbreaking decision and didn't go near the dad—he was bigger, and he was trying *so* hard to rescue his daughter that his panic made him more dangerous to me. Not being able to help him was the hardest part for me—but I wasn't as afraid the girl could unintentionally hurt me. I got to the girl, who clung to me for dear life. But for what felt like the longest time, there was nothing and no one nearby to help, so we just waited and kept treading water. Then out of nowhere,

> **"The current was just too strong. I was terrified we wouldn't make it."**

a rescue boat appeared! It went to the father, so I swam over to the boat to help hoist his body on board. By that point, he'd become unconscious; luckily his daughter couldn't see him from where she was on the other side of the boat. I yelled at the Harbor Master to throw me a life vest, but when he did, I was shaking so much from nerves that I couldn't put it on. So I held it under me and swam back to the little girl. "Get on my back!" I screamed. But then the boat took off—we had no idea why it left us or if another boat would come back. So we just kept trying to get back to shore, screaming for help together on the count of three and kicking as hard as we could, but *nothing* worked. The current was just too strong. I was terrified we wouldn't make it.


GIRL, 10, RESCUED BUT DAD DROWNS
Off-duty lifeguard springs into action
By RYAN JOHNSON
Lifeguard Tan... her blanket on t...

reluctant hero Tanya wishes she could have done *more* to help.

BITTERSWEET ENDING

By the time a second boat got to us, all we could say was "Thank God!" At the shore, the girl was rushed into an ambulance. It was the last time I ever saw her, and I later learned that, sadly, her dad didn't survive.

Even though people have called me a hero, I have a hard time accepting that title when I know a life was lost. But that day, the fire chief who arrived on the scene said something meaningful to me: "Life puts people in certain places at certain times." Since then, I've changed my whole outlook on life. I took an emergency medical technician (EMT) class and joined a volunteer ambulance corps. My boyfriend is an ambulance driver and I'm the EMT, so we're a crew together! The rescue at the beach reminded me that I love helping people. And my new life makes me a firm believer that *everything* happens for a reason. 17

beach basics

Don't hit the water without these tips.

Buddy up: *Never* swim alone; that way, someone can always call for help if you get in trouble. And always swim near a lifeguard.

Keep your distance: Stay 100 feet away from piers and large docks; powerful currents are often near them.

Don't fight nature: If you get caught in a current, don't swim *against* it—swim *parallel* to the shore. Once you're free, *then* it's safe to head in the direction of the shore.

Pay attention: Read signs for warnings about currents and underwater hazards—conditions change daily, and you'd rather have fun than fight dangerous waves!

17 EXPERT: Connie Harvey, American Red Cross Preparedness and Health and Safety Services (redcross.org)

SEVENTEEN.COM Share your life-changing story at seventeen.com/mylife

PHOTO OF TANYA: REBECCA GREENFIELD. SITTINGS EDITOR: BETSY MULLINIX. HAIR AND MAKEUP: KERRIE URBAN FOR ARTISTSBYTIMOTHYPRIANO.COM. ON TANYA: HOODIE AND TANK, OLD NAVY; SHORTS, AEROPOSTALE; WATCH, CASIO; BRACELET, FOREVER 21. HEADLINE: *BOSTON HERALD*. 17 STATISTIC SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION DATA (2006): 3,579 DROWNING-RELATED DEATHS OCCUR EACH YEAR IN THE UNITED STATES.

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Jordin Sparks's MISSION:

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The number of kids who get cancer every year could fill *four* Yankee Stadiums! That's why Jordin Sparks wants *you* to help find a cure.



hugs help
Jordin at the Lemon Ball with Emma, a 7-year-old cancer survivor, and her little brother.

"Alex's Lemonade Stand Foundation is an amazing example of how the **smallest effort** can have a **huge impact.**"
-JORDIN

JORDIN SAYS:

WHY IT MATTERS

"After I won *American Idol,* I met a little girl named Danielle who was suffering from leukemia. But just a few weeks after we hung out, she passed away—and I couldn't bear it. **No child or family should have to go through that pain and loss.** Danielle inspired me to want to help find a cure for childhood cancer. And then I heard the story behind **Alex's Lemonade Stand Foundation:** It started 10 years ago by a 4-year-old girl, Alex, who was determined to raise money to find a cure for childhood cancer by **selling lemonade.** At her first lemonade stand, she charged 50 cents a cup and raised over $2,000. She passed away—but her message lives on in her foundation. It's now a national movement that has raised more than $30 *million* to fund childhood **cancer research** and help families pay their travel expenses for treatment. I promote the cause on my tour and support Alex's Lemonade events, like by singing at this year's annual Lemon Ball. Alex is proof that the smallest thing—one girl, one cup of lemonade—can **change the world."**



make it YOUR mission

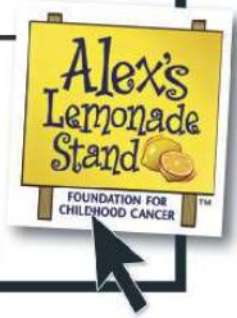


HOST A STAND

You can hold a lemonade stand anytime, or schedule one during the 7th Annual Lemonade Days—June 11, 12, and 13 (the same weekend Alex held her original stand). Last year's Lemonade Days raised more than $1 million in just one weekend! Go to alexslemonade.org/stands/lemonade_days for details.

LOG ON

If you can't host an actual lemonade stand, you can easily support a *virtual* one: Buy e-cups of lemonade for your friends at lemonadestandforlife.com to raise money *and* awareness for the cause.



I did it!



Selena got her school involved too—and raised another $10,000!

"After a close friend died of cancer in seventh grade, I was devastated and wanted to *do* something about it. So I started holding lemonade stands for Alex's Lemonade. I charged 75 cents a cup, but some people were so inspired when I told them about Alex's story that they'd leave *much* more—I raised $3,000 after just six hours at my county fair! Doing what I can to fight cancer makes me feel like I'm getting back at cancer for what it did to my friend, and to friends like her *everywhere.*"

–SELENA, 15, CHICAGO, IL

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SPARKS: (MAIN) PHILIP GABRIEL PHOTOGRAPHY; (ONSTAGE) LUIS BENITEZ. LEMONADE: JOHN A. RIZZO

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EASY MONEY

turn your passion into $$$!

These girls took what they loved and turned it into big business. *Seventeen* money coach Farnoosh Torabi says *you* can too!



feel-good fashion
In between starring in *Harry Potter* movies and going to classes at Brown, Emma Watson helped develop an ecofriendly clothing line for People Tree!



her passion: animals

NAME: Amanda, 17, New York, NY
BUSINESS: EcoDog Treats, ecodogtreats.com
EARNINGS: $750 a year
HER STORY: Amanda was devastated when her dog, Princess, died from cancer in 2006. So she combined her biggest loves—animals and the environment—and created vegetarian dog snacks. She figured that healthier nonmeat dog treats *could* help pets live longer—and would spare the lives of other animals too. "It took losing Princess for me to actually *do* something about what I love, instead of just thinking about it."

her passion: baking



NAME: Kalissa, 17, Peoria, Il
BUSINESS: Kalissa's Cakes
EARNINGS: $250–$300 a month
HER STORY: Kalissa always loved baking when she was bored. When she was living in Texas, tons of her friends started having quinceañeras (birthday parties for 15-year-old Latina girls)—and she realized there was *big* cake money to be made. So she started her *own* quinceañera cake business. Then after her family moved to Illinois, Kalissa came up with a business plan to fit her new town: "It's like Build-A-Bear meets cakes—people can decorate cakes together and have fun."

her passion: crafts



NAME: Marci, 17, Asheville, NC
BUSINESS: MarciG, marcig.etsy.com
AVERAGE EARNINGS: $680 a month
HER STORY: Marci had been making pottery since she was a little kid. But it was actually *bad* luck that set her on the path to success: Last summer, she didn't get any of the jobs she'd applied for—so she decided to turn her hobby into a business and launched an online pottery store. She customizes her signature pieces for shoppers, and now more than 40 percent of her clients are repeat customers!

GET STARTED!

Want to launch an empire from your bedroom? Check out these sites for insider tips on how to do it:

sba.gov/teens
This is *the* place for the inside scoop on how to create a plan, avoid legal trouble, and meet other young business owners.

college-startup.com
This blog's motto is "Get rich from your dorm room," and it has cool posts, such as "How to Become a Four-Figure Blogger."

mindyourownbiz.org
This site offers the nitty-gritty details you need to succeed—like how to manage your image *and* your money.

entrepreneur.com/tsu
You'll find ideas (like "10 Pet Businesses to Start Today") and tips for coping with work challenges, like how to be taken seriously as a teen entrepreneur.



17 EXPERT: **Farnoosh Torabi,** *Seventeen*'s money expert, is the author of *You're So Money: Live Rich Even When You're Not* (Three Rivers Press, 2008).

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Jersey Sore? Drinking, smoking, and random hookups lead to nothing but *mega*-trouble.

beach house drama!

Think the *Jersey Shore* is bananas? These girls have had their share of summer cuh-razy too. BY marina khidekel

"I CAUGHT MY BOYFRIEND CHEATING!"



Two summers ago, my friend, my boyfriend, and I went to the beach in North Carolina for a week. One night I woke up thinking I was hearing **animal noises** on the porch. But when I looked out the window, it was my boyfriend and friend **hooking up**! I went ballistic and tried to throw a surfboard at them! There's something about small beach houses and hot summer nights that's a recipe for trouble!

–MADELINE, 19, CHARLOTTESVILLE, VA

"OUR PARTY GOT WAY OUT OF CONTROL!"



My cousin and I went to my family's beach house, and somehow word got out that we were having a party—**dozens of people** showed up! Things were spiraling totally out of control: The house was getting trashed—sticky floors, cups everywhere, and hot dogs piling up in every room. Then a few guys left to go to another party but came *back* after getting into a fight. The next thing I knew, **the cops were showing up** and arresting them! The police called my parents, who were *livid*! They wouldn't let me throw any parties at the beach house again!

–EMILY, 20, MILLER PLACE, NY

"I GOT BUSTED SKINNY-DIPPING!"



During my dance team's beach retreat, we were playing Truth or Dare and one of my friends dared me to go into the water without any clothes. So I went in **completely naked.** Soon everyone joined—we were all hanging out and having fun! But once we decided to get out, I couldn't find my pants anywhere! I was running around in just a T-shirt, **totally freaking out.** What made it even worse—the guys from the cabin next door saw everything, and I mean *everything*!

–JOSIE, 16, TORONTO, ON, CANADA

SEVENTEEN.COM Share your wildest real-life stories at seventeen.com/truestories.

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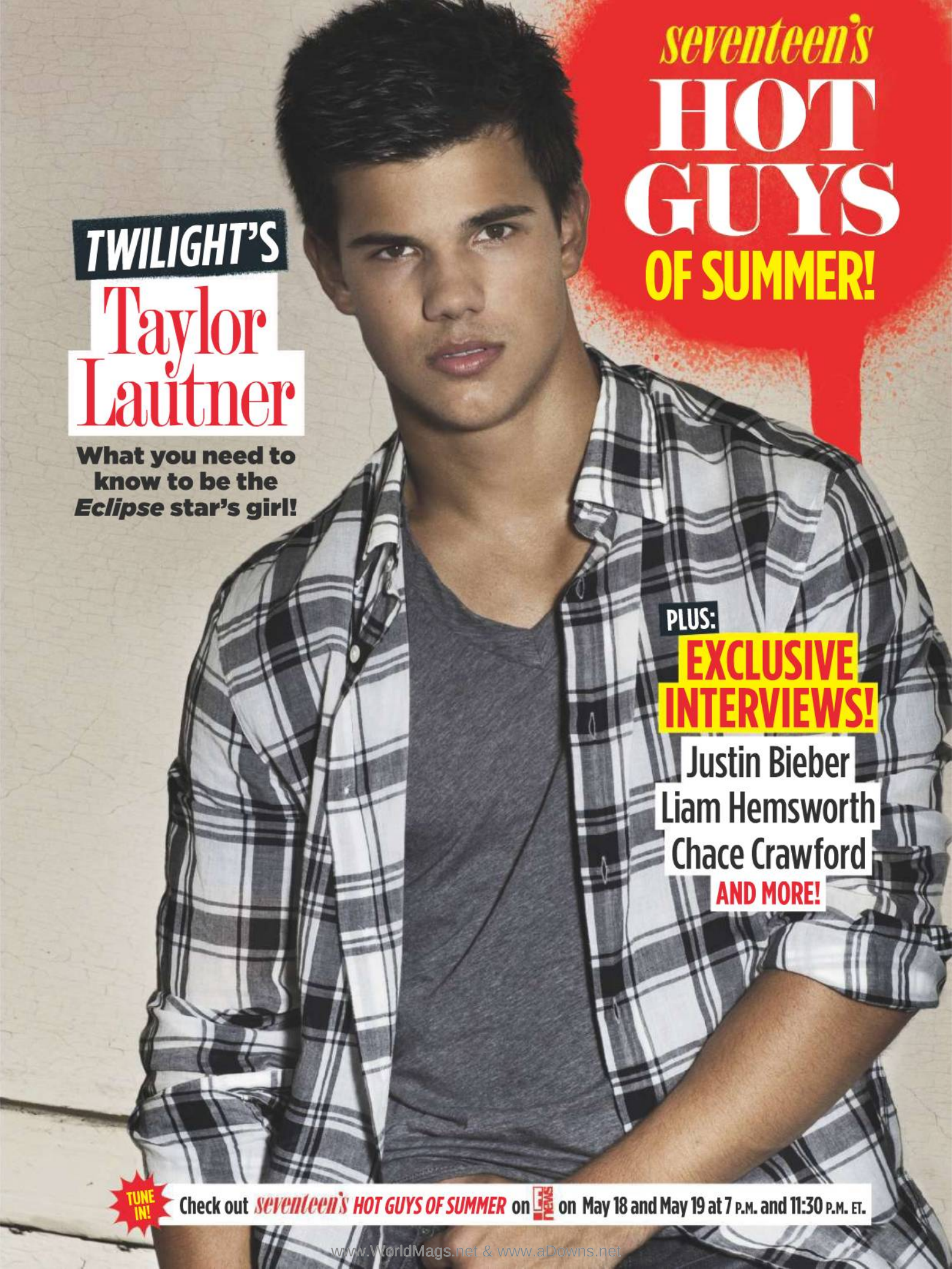
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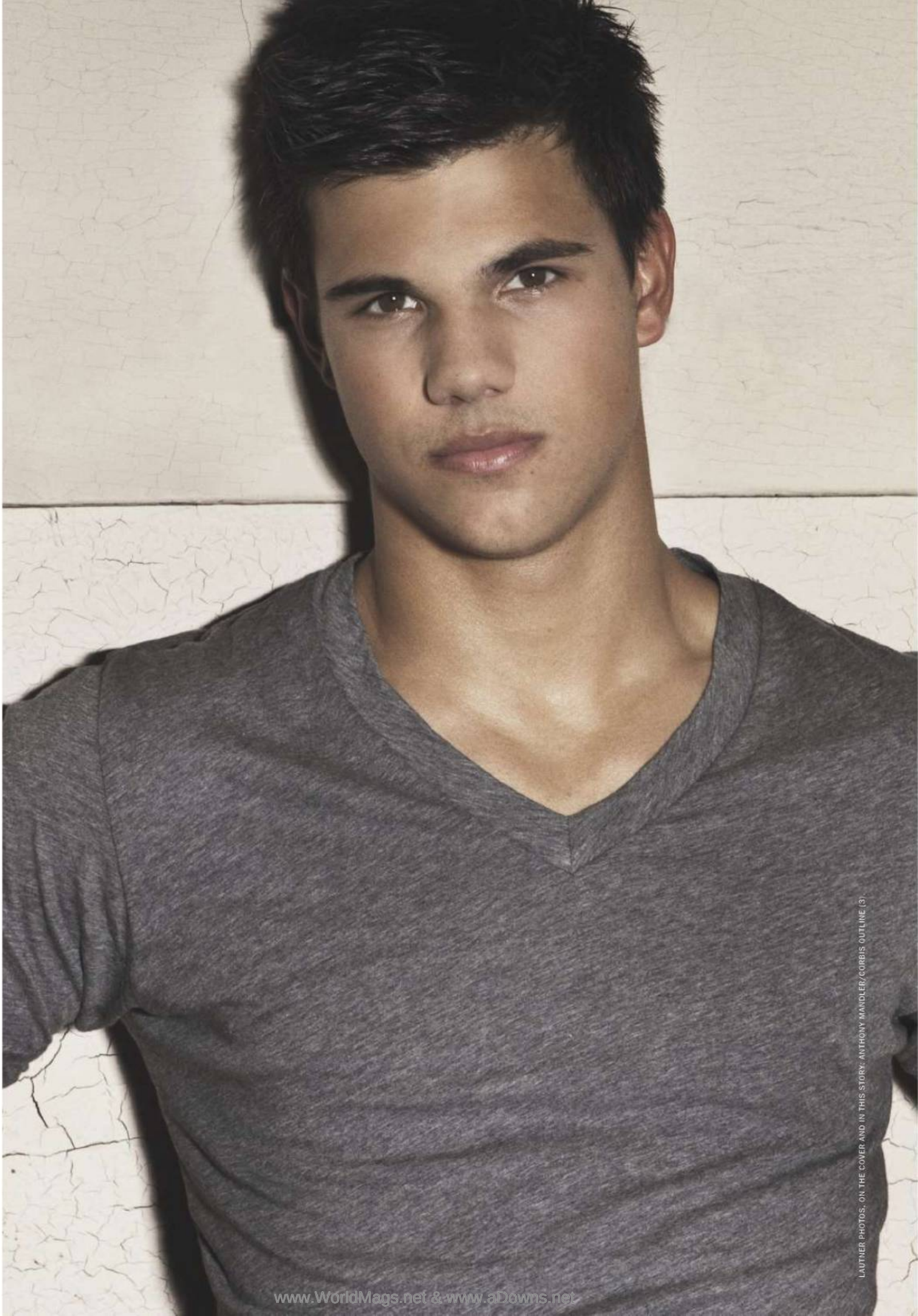
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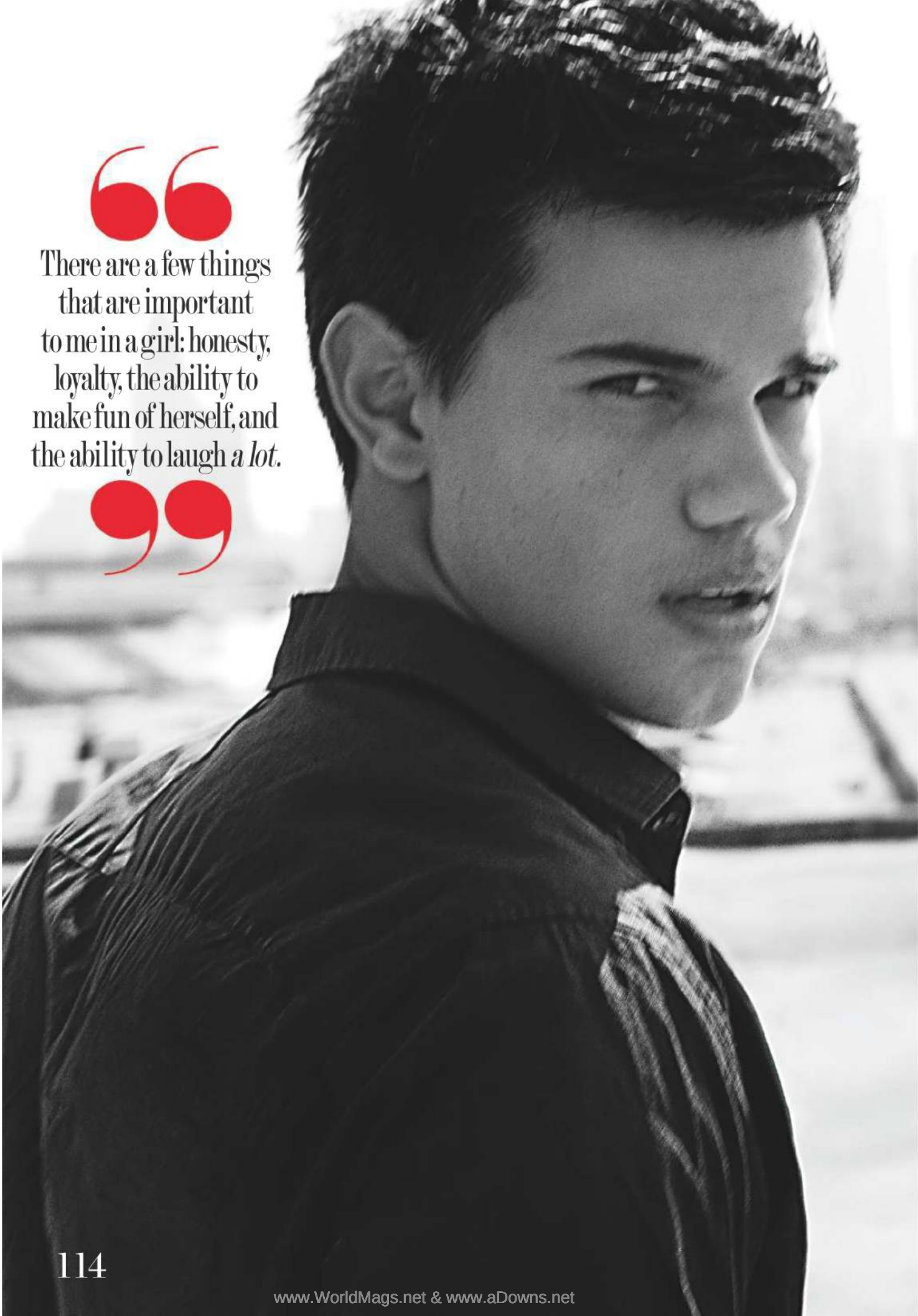
seventeen's HOT GUYS OF SUMMER!

taylor LAUTNER

He's the perfect mix of fun-loving jock, sensitive sweetheart, and thoughtful friend (with a sick body!), which is how he scored the title of Summer's Sexiest Guy.

BY NEHA GANDHI

www.WorldMags.net & www.aDowns.net



“There are a few things that are important to me in a girl: honesty, loyalty, the ability to make fun of herself, and the ability to laugh *a lot*.”

www.WorldMags.net & www.aDowns.net



If you'd always been an

"Edward" girl and never really noticed Taylor Lautner before, things probably changed for you 46 minutes into *New Moon,* when Jacob took off his shirt for the first time, revealing his jaw-droppingly perfect body. It was impossible to tear your eyes away from him. Bottom line: He's *hot.*

But eight-pack abs aside, Taylor is the one great guy who *everyone* can agree on. Guys think he's cool because he plays baseball and football in his spare time and is a die-hard fan of his hometown college football team, the Michigan Wolverines. Girls melt because he's so thoughtful (he gives everyone—including his mom!—handmade cards on holidays like Valentine's Day). And Kristen Stewart calls him "the funnest guy I've ever hung out with." But he hasn't let his newfound popularity change him. He still values his friends-and-family time, so he opted to lie low with *them* on his 18th birthday, instead of hosting an over-the-top celebrity party. Plus, he respects his exes—both Selena Gomez and Taylor Swift have had nothing but amazing, kind things to say about him after their breakups. So what's the secret to getting into Taylor's tight inner circle? He revealed exclusively to *Seventeen* everything you need to know about his sweet outlook on life and love.

17: In *Eclipse,* Bella wants to protect her friendship with Jacob and yet she knows that she'll never love him the way he loves her. What's your advice to girls in that situation?
TL: I believe that honesty is *always* the way to go. Tell him that you value his friendship and you don't want to risk losing that.

17: Jacob and Bella are best friends above all else—what have your closest girl friends taught you about girls?
TL: They have taught me to just nod my head and agree to everything they say!

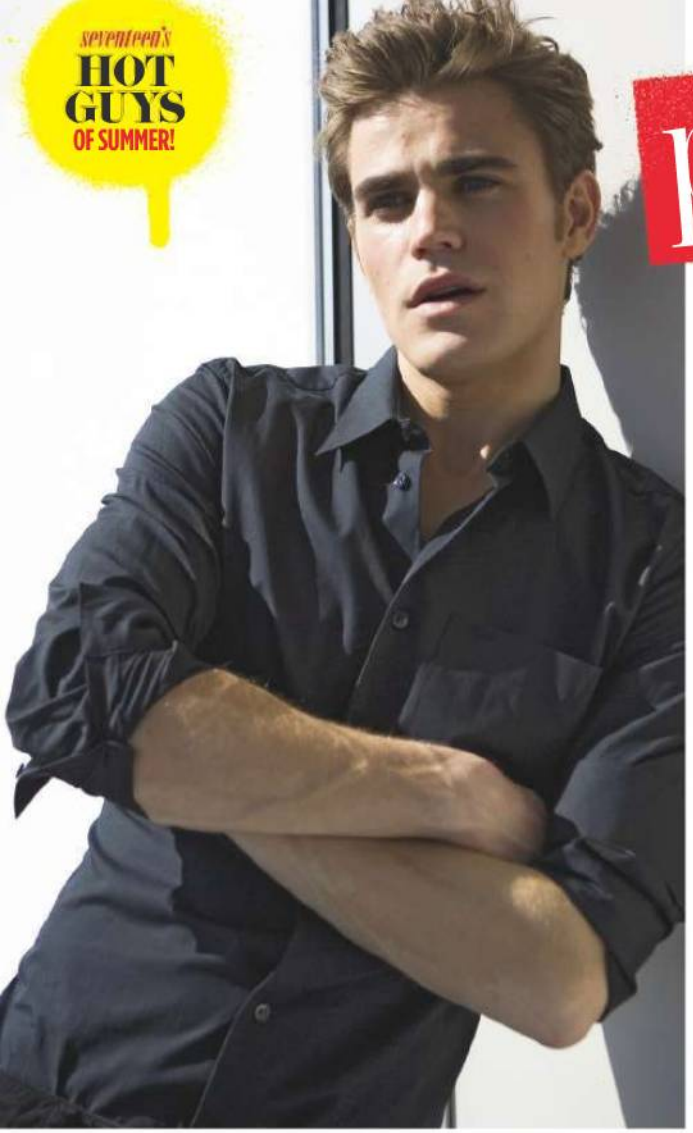
17: What qualities would your ideal girlfriend have?
TL: There are a few things that are important to me in a girl: honesty, loyalty, the ability to make fun of herself, and the ability to laugh *a lot.*

17: Do you believe in love at first sight?
TL: I don't think I believe in *love* at first sight, but I do believe that you can feel an instant connection with someone.

17: In *Eclipse* more than ever, Jacob is super-honest and vulnerable. Are you a person who's always open to love and heartbreak, or are you more guarded?
TL: I think people shouldn't be guarded and they should take a chance because that's the only way you may find the right person for you.

WHERE TO FIND HIM: Watch the drama get even more intense for Jacob, Bella, and Edward in *The Twilight Saga: Eclipse,* in theaters June 30.

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paul WESLEY

Just like Stefan in *The Vampire Diaries,* Paul is serious about relationships—when he falls for a girl, he goes for it!

17: Do you believe in love at first sight?
PW: I do. I feel like when you see someone who has an aura of something special about her, you just feel it. I think your instincts can be very accurate.

17: When you like a girl, do you have a go-to move to get her attention?
PW: In high school, if there was a girl I was interested in, I would sneak in before her class and leave a letter on her desk to surprise her. I was just trying to be charming and funny—I'm not sure if I pulled it off, but I tried!

17: The love triangle between Stefan, Damon, and Elena on *The Vampire Diaries* is so intense. Have you ever had to fight for a girl like that?
PW: No. I have too much pride. I try to win over a girl when I already know she likes me. If there's another guy involved, I don't want to compete.

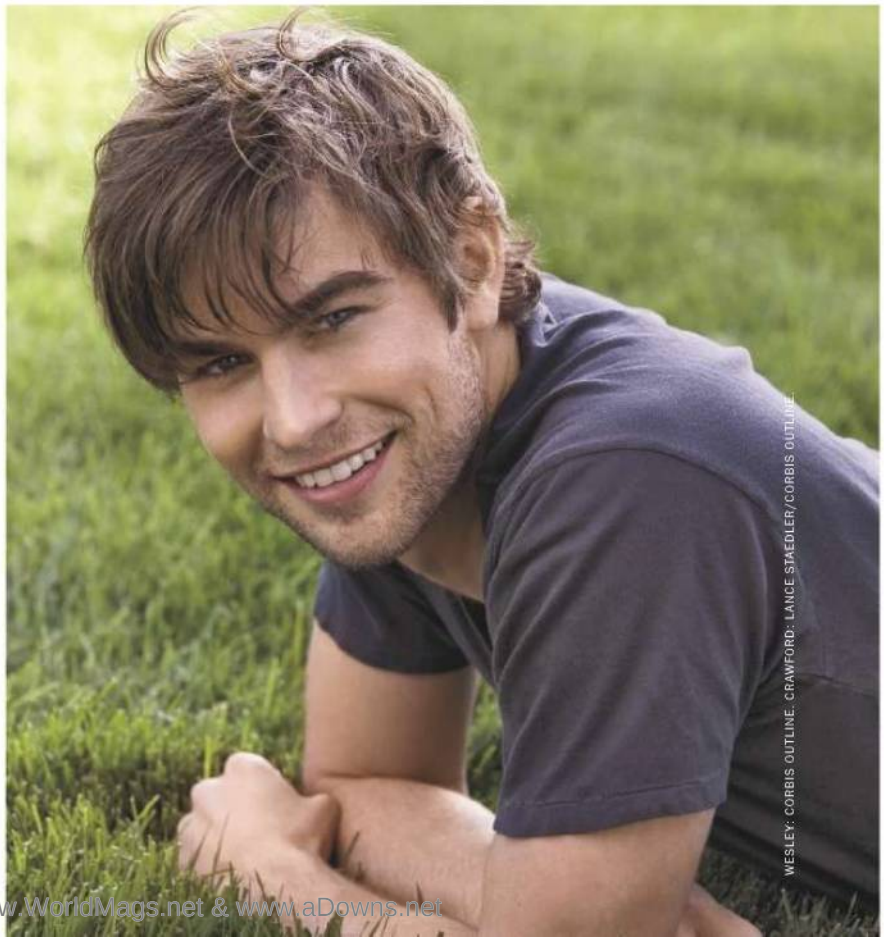
WHERE TO FIND HIM: Get Season 1 of *The Vampire Diaries* on iTunes now—it will last you through the end of summer, until Season 2 comes back in September!

chace CRAWFORD

Gossip Girl's Nate doesn't really know how to be alone, but Chace is only willing give up his single life for the perfect girl!

"The girls I've had feelings for in the past have been these really complex people. I like someone who challenges me, someone with depth."

WHERE TO FIND HIM: Check out his serious side in *Twelve,* in theaters July 2. And after that, look for *Gossip Girl* Season 3, out on DVD in August.



WESLEY: CORBIS OUTLINE. CRAWFORD: LANCE STAEDLER/CORBIS OUTLINE

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"My ultimate relationship red flag is lying. There's just no need. And once you catch a person in a lie, you start to question everything she says!"

kellan LUTZ

He plays a tough guy in *Twilight* and shows off his rock-hard abs in Calvin Klein ads, but he's really a sweetie with a very romantic heart.

17: Are you a relationship guy?
KL: I've always had a girlfriend, because I don't like being lonely, and I like giving to people. I like making a girl fall in love with me. I'll do whatever it takes, because that's not work for me. Commitment is very near and dear to my heart.

17: How do you look for love?
KL: A good way to find a really strong girlfriend is to make her a friend first. I really don't date much—I'll hang out with some of the girls in my group of friends, just to catch up and talk. But I don't think I'd be able to be like, "Hey, I like you." I'd wait until we had a party, then somehow awkwardly kiss, and then talk about it and decide if there was anything there.

17: You and your *Eclipse* costar Ashley Greene seem very close. Have you ever thought about dating her?
KL: Ashley and I have always been just great friends. But who knows down the road what could happen. I think she's gorgeous and super-cool, and she kicks butt at playing board games, which is right up my alley!

WHERE TO FIND HIM See him in *The Twilight Saga: Eclipse*, in theaters June 30. Next, he'll star in *The Warrior* with Ashley Greene.

LUTZ: JOSHUA KOGAN/CORBIS OUTLINE.

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fresh summer love quiz

Get a fresh start on love this summer—take this quiz to find out who your summer crush will be! Then read on for our expert recommendations on which scent of Dove go fresh Deodorant and Body Mist will keep you feeling fresh, clean and confident during those hot summer dates.

1 What is your ideal summer date?

A Hiking through the woods in search of a picturesque spot to picnic

B Ordering pizza while you fix up an old motorcycle together

C Heading to the baseball field for a flirty game of catch

D Grabbing dinner downtown and watching the latest summer blockbuster

2 Your summertime crush is most likely to wear...

A Designer denim and cool shades

B Cargo shorts and a vintage t-shirt

C Anything that shows off his biceps

D Jeans, a polo shirt and a baseball cap

3 If your summer love had a theme song, it would be...

A A pretty, classical piece

B A soulful, acoustic song

C Something Rock 'N' Roll

D A Top 40 love ballad

4 What kind of look are you most attracted to?

A Stop-and-stare gorgeous with a great smile

B A dark-haired cutie with adorable dimples

C Super-buff jock that is toned all over

D Classic good looks and sparkling eyes

5 Which daring activity would you rather try?

A Climb to the top of super tall trees

B Cliff dive into the ocean with friends

C Kick-boxing or martial arts class

D None—I like to play it safe

6 What is your favorite type of food?

A Italian—the more pasta, the better

B Fish and chips with tons of tartar sauce

C Lean meat and grilled veggies

D An all-American burger and fries



mostly A's

Your fresh summer love will be the **Mysterious Romantic**. He's the coolest guy at school and jaw-droppingly gorgeous. Impress him with a classic scent like Dove go fresh Cool Essentials, with cucumber and green tea scent.



mostly B's

Your fresh summer love will be the **Loyal Cutie**. This fun-loving friend has been under your nose all year long. Make things flirty with a fruity scent like Dove go fresh Revive, with pomegranate and lemon verbena scent.



mostly C's

Your fresh summer love will be the **Hottie Jock**. This handsome athlete likes to stay active. You'll have to be lively to keep up with this sporty crush, so try Dove go fresh Energizing, with grapefruit and lemongrass scent.



mostly D's

Your fresh summer love will be the **Preppy Boy-Next-Door**. This classic cutie has all the right moves and will treat you like a queen! Keep the attraction alive with a sweet scent like Dove go fresh Burst, with nectarine and white ginger scent.

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dove go fresh body mist and matching deodorant



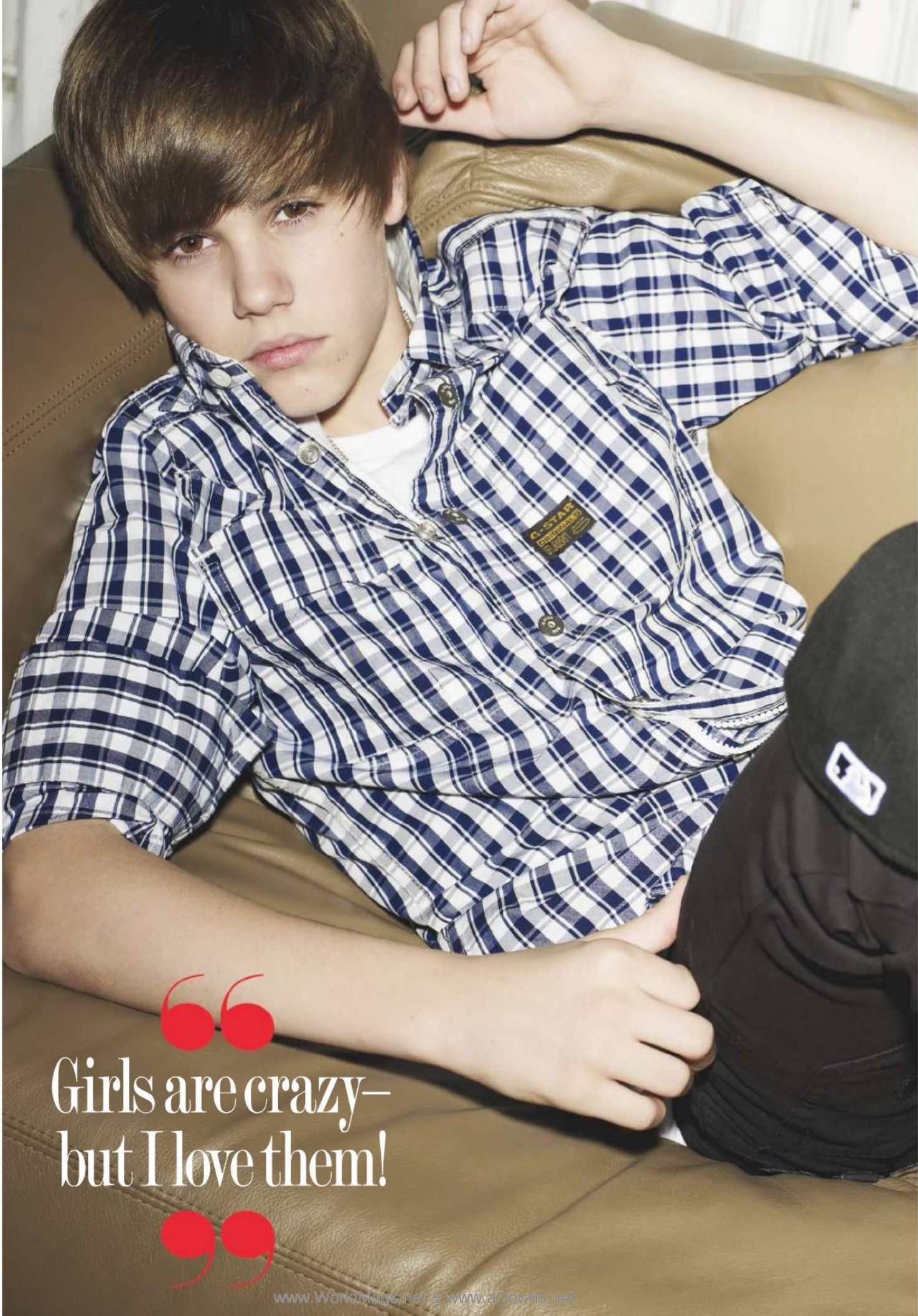
Find both in the deodorant aisle.

Turn to page 127 to experience new Dove go fresh Revive!

Try all four scents!



www.WorldMags.net & www.aDowns.net



“Girls are crazy– but I love them!”

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justin BIEBER



PHOTO: CLIFF WATTS. FASHION STYLIST: RYAN GOOD. GROOMING: MICHAEL JOHNSON AT ARTISTSBYTIMOTHYPRIANO.COM. ON JUSTIN: BUTTON DOWN, G-STAR; TEE AND PANTS, BOTH KREW; HAT, NEW ERA; BOOTS, SUPRA.

His songs make you believe in love—but you might be surprised to learn that this superstar is still waiting to find out what that feels like!

17: So many girls are obsessed with you right now. Are you looking for love?
JB: I mean, I'm not looking for a wife right now. I wouldn't mind a relationship, but I'm so busy, I wouldn't really be able to give a girl what she deserves.

17: What kind of girls are you drawn to?
JB: Someone who's funny. I like to laugh. But I need someone smart. I don't want to talk to someone who's dumb. I want to have an actual conversation with a girl, and I don't want it to feel like I'm interviewing her. I don't want to have to ask her what her favorite color is.

17: Who gives you the best love advice?
JB: Usher! He's a great example when it comes to girls because he's dated *a lot* of girls in his lifetime. He's smooth! He teaches me what girls like. And I've learned some dance moves from him.

17: Have you ever been in love?
JB: I've loved girls before, but I haven't been in love. There's a big difference. I don't know what love feels like yet. It's like, if you'd never had chocolate before, you couldn't guess the taste of it. But I would love to fall in love.

WHERE TO FIND HIM Check out his album *My World 2.0* on iTunes now, and catch up with Justin on tour starting June 23.

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seventeen's HOT GUYS OF SUMMER!

nick JONAS

He's always been "the cute one" of his brothers, but with his solo album, Nick is proving he's actually the deep one too.

17: People say you're a heartbreaker, but you've written a lot of songs about getting *your* heart broken. How do you deal with a breakup?

NJ: I shut down completely. It almost appears, to someone who doesn't know me very well, that I'm spaced out or in a different world. I keep it all inside until someone forces it out of me. Songwriting is my way of opening up. But I'm never one to get down about a situation for too long. Something happens, and you go through a tough time. But it's important to get right back up and keep going.

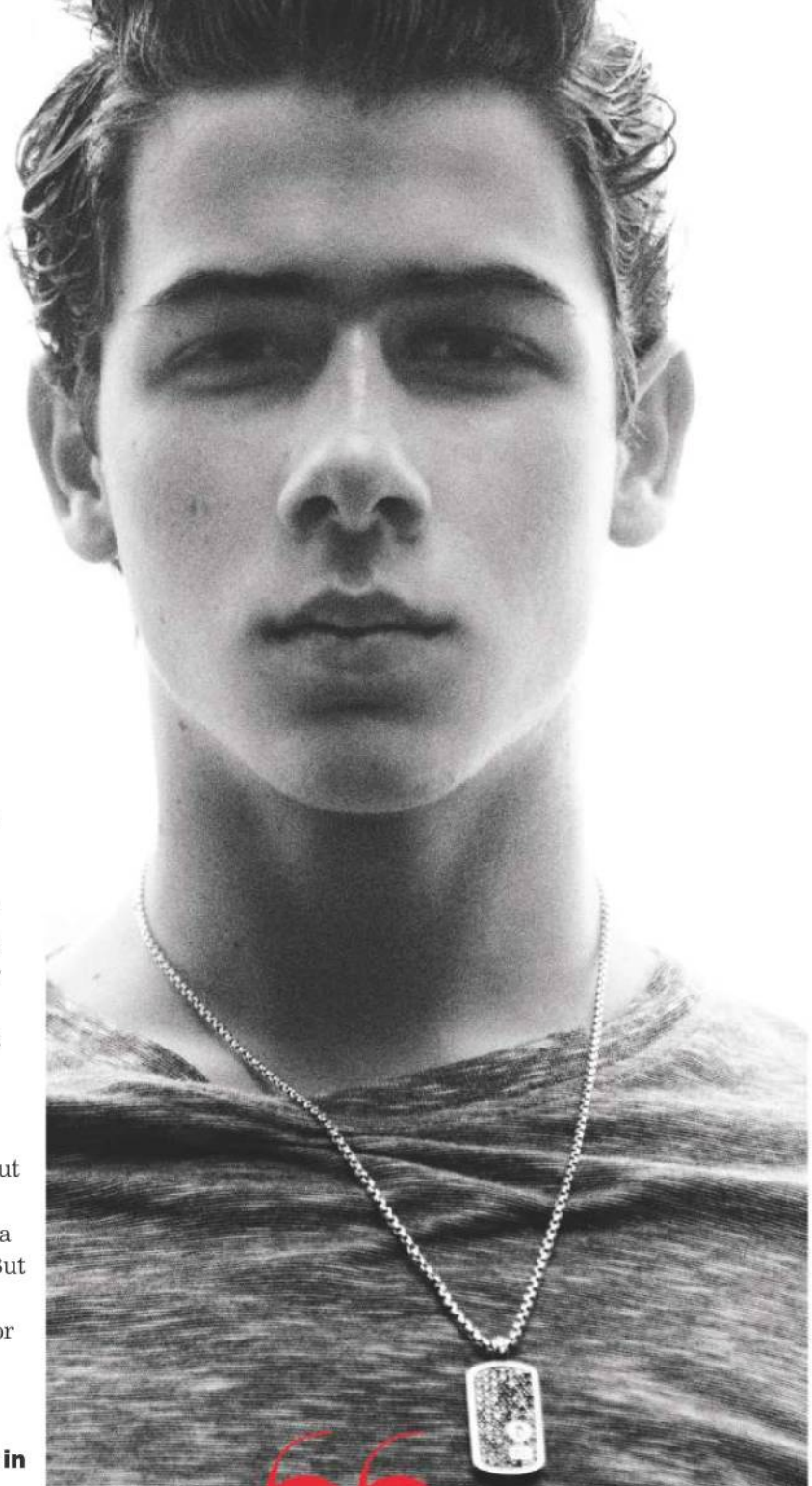
17: Do you stay friends with your exes?

NJ: I definitely remain friends. It's difficult, but I think you just have to try your best to be a gentleman. And obviously there is going to be a moment of frustration between both parties. But the truth of the matter is, if I've even *thought* about being in a relationship with somebody, or if I've found myself attracted to a person romantically, then I can't just cut it off.

17: Do you make the first move to get back in touch, or wait for your ex to do it?

NJ: I'm definitely the person to make the first effort, but I always give it some time. I know it's tough sometimes for people to go right back to being friends. But I think it's important: There's no reason to have enemies in this life—it's too short.

WHERE TO FIND HIM Catch him in *Camp Rock 2 The Final Jam*, premiering on Disney Channel September 3, and get Nick Jonas and the Administration's album, *Who I Am*, on iTunes now.



"I will find someone who loves me for who I am. And there's nothing that I need to change about myself to find that–I can be confident in that."

JONAS: ART PARTNER

www.WorldMags.net & www.aDowns.net



liam HEMSWORTH

A cute face and a hot accent get him noticed, but it's his quirky sense of humor that makes girls—like his *Last Song* costar and girlfriend, Miley Cyrus—fall for him!

17: What is your perfect date?
LH: Best Buy is the way to my heart. That's where we went yesterday—we bought Guitar Hero and then we had sushi.

17: Tell us about your first crush.
LH: In first grade, I had a friend called Amanda. I probably treated her more mean than nice, because I didn't know what to do. We'd throw sticks at her across the playground—anything to get her attention!

17: Is that still your move?
LH: Yeah, if I like a girl, I'll still throw sticks at her. It works really well. Or I'd probably just invite her electronics shopping—"Hey, you like Best Buy? You should come buy some stuff with me."

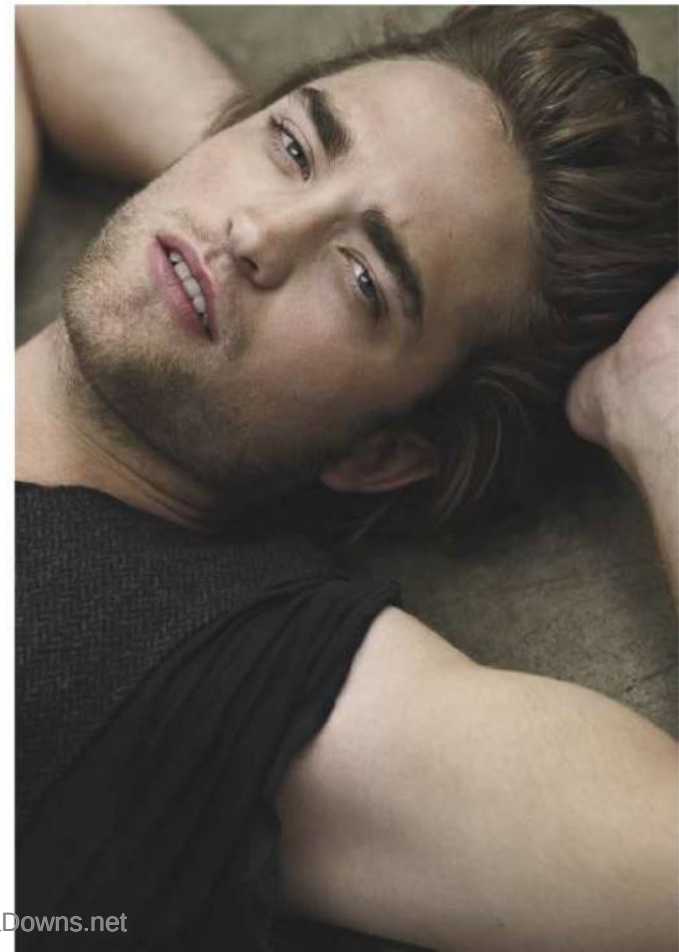
WHERE TO FIND HIM: He'll make you cry in *The Last Song* (available on DVD in August), but he'll make you drool as the star of *Arabian Night*, out next year. (Think *lots* of shirtless scenes. . . .)

robert PATTINSON

He loves his work as intensely as Edward loves Bella—and it's that driving passion that makes this star so sexy.

"I think you need to be able to break through what you think about yourself to try to make any sort of art. The most amazing part was the freedom that came with kicking myself in the ass, letting go, and surprising myself."

WHERE TO FIND HIM: He sinks his teeth back into *The Twilight Saga: Eclipse* on June 30; then he stars as a frontiersman in *Unbound Captives* with Hugh Jackman.



HEMSWORTH: DOUG INGLISH. PATTINSON: CPI SYNDICATION.

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Why should Team Edward and Team Jacob get all the support? These funny, cool,

charlie BEWLEY

Volturi guard Demetri

michael WELCH

Bella's friend Mike Newton



"I like a girl who's confident, and has fun without any self-consciousness. If you see a girl dancing as if no one is watching her, you can't keep your eyes off her!"

"I'm someone who commits 100 percent. That's something my parents taught me. You treat a relationship as a sacred thing."

PHOTO: SASHA EISENMAN/TRISH SOUTH. FASHION STYLIST: CHER COULTER AT TENFOLDTALENT.COM. GROOMING: ALEX AND KIOWA CHERI KEATING AT THE WALL GROUP; JCHARLIE AND MICHAEL: BARBARA GUILLAUME FOR EXCLUSIVE ARTISTS/BUMBLE & BUMBLE. ON CHARLIE: TEE, GANT; CARGOS, GAP; BOOTS, RED WING; RINGS, HIS OWN; ALL OTHER ACCESSORIES, GILES AND BROTHER. ON MICHAEL: TEE, GANT; JEANS, DIESEL; SHOES, CONVERSE. ON ALEX: TANK, HANES; JEANS, 4 STROKE; EARRINGS, HIS OWN; RING, FLUTTER; BOOTS, [illegible] JAMES; JEANS, TOPMAN; NECKLACE, BULLETS4PEACE.COM; WATCH, REBECCA; RINGS, [illegible] OWN; SHOES, TOPMAN. ON KIOWA: TEE, ELIZABETH AND JAMES; JEANS, TOPMAN; NECKLACE, BULLETS4PEACE.COM; WATCH, REBECCA; RINGS, HIS OWN; SHOES, NICE COLLECTIVE.

SEVENTEEN.COM See video from behind the scenes of this photo shoot at seventeen.com/hotguys

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and hopelessly romantic *Eclipse* guys are the newbies worth rooting for.

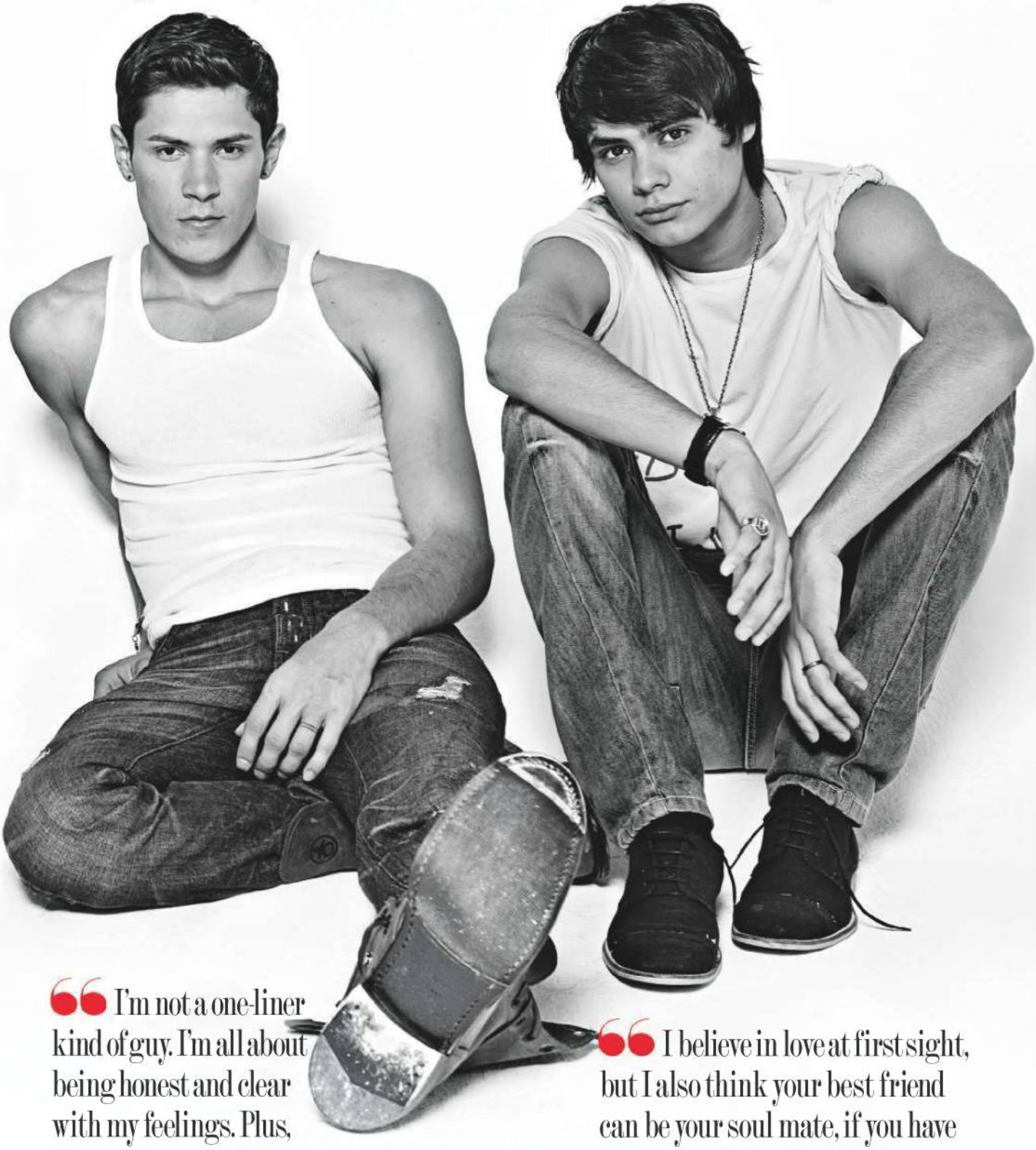
seventeen's HOT GUYS OF SUMMER!

alex MERAZ

edgy werewolf Paul

kiowa GORDON

Jacob's sidekick Embry



"I'm not a one-liner kind of guy. I'm all about being honest and clear with my feelings. Plus, I'm pretty goofy."

"I believe in love at first sight, but I also think your best friend can be your soul mate, if you have the same spirituality."

WHERE TO FIND THEM: Check out all of these hot guys in *The Twilight Saga: Eclipse*, in theaters June 30.

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seventeen's HOT GUYS OF SUMMER!

cory MONTEITH



He is way more passionate and grounded than his *Glee* character, Finn—but if you're lucky, he might be willing to serenade you!

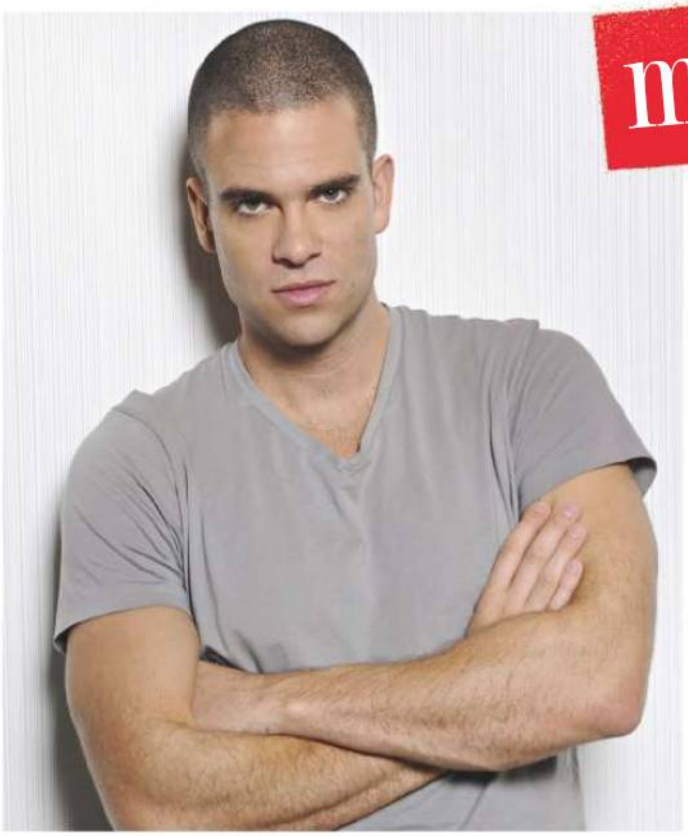
17: What's the first thing you notice about a girl?
CM: How she treats other people. And whether she seems happy. I'm always intrigued and interested by people who seem to be at peace with themselves.

17: What's your go-to move with a new girl?
CM: I just try to make her laugh. That's the best way to make anyone feel comfortable!

17: Would you ever sing to a girl to win her over?
CM: I haven't yet, but I would sing "I Want to Know What Love Is" by Foreigner. It's just so over-the-top and *so* cheese, but it's rad at the same time.

17: We heard your dream duet would be with Taylor Swift, and that you have a little crush on her. True?
CM: She still falls in that category. She's just a passionate person, and she's *everything* that I was talking about here.

WHERE TO FIND HIM: New episodes of *Glee* air through July (Tuesdays at 9 P.M. on Fox), and you can catch the entire cast touring with Glee in Concert through May.



mark SALLING

He's a player with insane baby-mama drama on *Glee,* but in real life, this dude refuses to play games (or get played).

"The most meaningful thing a girl could do for me would be to take me fishing. It's romantic, it's peaceful, but it also shows you that a girl's not afraid to get her hands dirty a little bit."

WHERE TO FIND HIM: If you love hearing him sing on *Glee,* you'll love his original music! Check it out at marksallingmusic.com.

SEVENTEEN.COM Get exclusive Q&A and video with more hot guys at seventeen.com/hotguys

MONTEITH: COURTESY OF FOX BROADCASTING COMPANY. SALLING: HELLIN KAY/CONTOUR.

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Stop reading and start sniffing go fresh



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“I never thought
I would be a statistic.

More than 750,000
teenage girls will become
pregnant this year.”

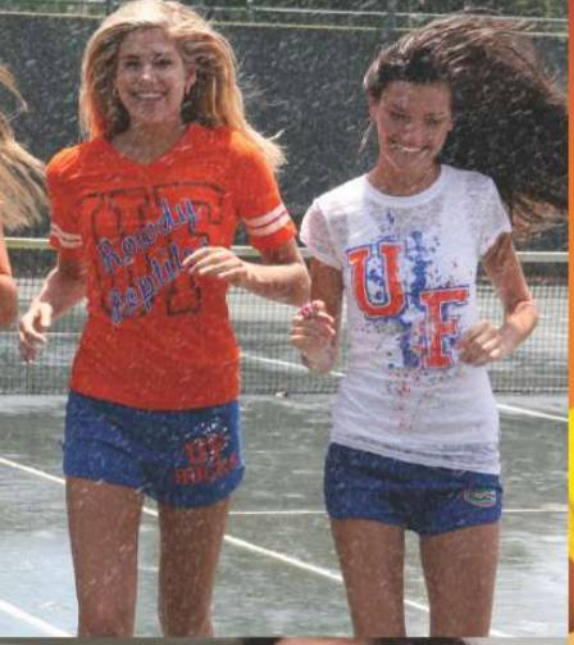
thecandiesfoundation.org

PROVIDING INFORMATION ABOUT THE DEVASTATING CONSEQUENCES OF TEEN PREGNANCY.

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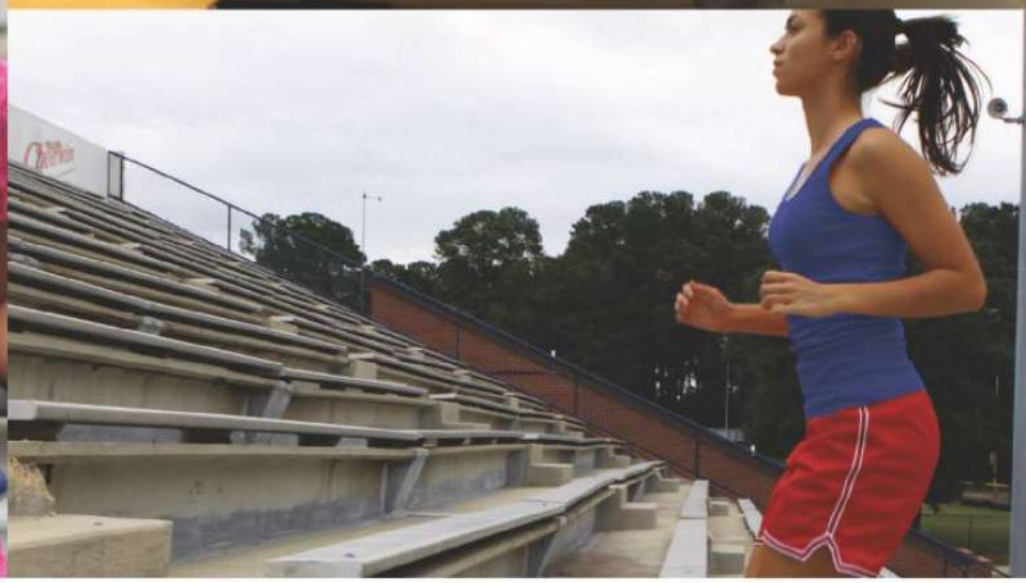


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seventeen

June/July 2010



Dive In p.132



Party Girls p.146



Some Like It Hot! p.152



High Times p.160



Ashley Greene p.140

it's time for SUMMER!

There's a heat wave coming! Get ready for warm-weather beauty tips, smoking-hot swimsuits, and some steamy *Eclipse* secrets from our cover girl, Ashley Greene.

PHOTOS: (DIVE IN) DON FLOOD; (PARTY GIRLS) BROOKE NIPAR; (ASHLEY GREENE) JONTY DAVIES; (HIGH TIMES) MATTHEW SALACUSE; (SOME LIKE IT HOT) ONDREA BARBE.

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swimsuit
Sizes S–XL, Wet Seal, top, $15, and bottoms, $15, Wet Seal stores.
necklace
Marc Jacobs + Maripol, $25, Marc by Marc Jacobs boutiques.
bangles
On right arm: Yellow and red bangles, Urban Original, $9 each, urbanog.com; paint-splatter bangle, Lulu's, $11, lulus.com. On left arm: Blue and pink bangles, Urban Original, $9 each, urbanog.com; paint-splatter bangle, Lulu's, $11, lulus.com.
sandals
Sizes 36–42, Topshop, $50, topshop.com.

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dive in

Don't drown in a sea of boring bathing suits—make a splash in one of these hot trends!

Photographs by Don Flood



www.WorldMags.net & www.aBooks.net

bright



Sizes XS–L, Dani Kates, top, $64, and bottoms, $57, swimwearboutique.com



Sizes XS–XXL, Old Navy, $30, Old Navy stores



Sizes XS–XL, Luli Fama, $150, Everything But Water stores





Sizes XS–XL, Op, top, $5, and bottoms, $5, Walmart stores





Sizes XS–L, Becca by Rebecca Virtue, top, $52, and bottoms, $52, everythingbutwater.com





Sizes XS–L, Tavik Swimwear, top, $45, and bottoms, $61, karmaloop.com







Sizes S–L, Split, top, $46, and bottoms, $46, Buckle stores





Sizes XS–L, O'Neill, top, $40, and bottoms, $36, oneill.com





Sizes XS–L, Quiksilver, $98, quiksilver.com





Sizes S–XL, Bisou Bisou for JCPenney, top, $25, and bottoms, $25, JCPenney



Sizes XS–L, Becca by Rebecca Virtue, top, $36, and bottoms, $38, Nordstrom



Sizes S–L, Roxy, top, $42, and bottoms, $40, roxy.com





Sizes S–L, Smoothies by Gossip, top, $20, and bottoms, $20, gossipswim.com





Sizes XS–L, Victoria's Secret, top, $24, and bottoms, $15, victoriassecret.com





Sizes XS–XL, O'Neill, $68, oneill.com



Sizes S–L, Split, top, $46, and bottoms, $46, Macy's



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swimsuit
Sizes XS–L, Tavik Swimwear, $65, swell.com.
necklace
M. Haskell, $28, call 212-764-3332 to order.
bangles
On right arm: Blue sequin bangle, $9, and purple and blue bangles, $5 each, all Urban Original, urbanog.com; purple and pink wrap bracelets, Metalskin, $48 each, shopbop.com.
On left arm: Pink and orange bangles, Urban Original, $5 each, urbanog.com; yellow zipper bangle, Harajuku Lovers, $38, select Dillard's.
sandals
Sizes 6–10, Aéropostale, $10, Aéropostale stores.

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swimsuit
Sizes S–XL, Wet Seal, top, $15, and bottoms, $15, Wet Seal stores.
necklace
Lulu's, $14, lulus.com.
bracelets
On right arm: Thick pink bangle, $8, silver-and-red ball bracelet, $11, and thin pink bangle, $6, all Lulu's, lulus.com; pink pyramid stud bracelet, Sequin, $32, call 212-398-7363 to order. On left arm: Orange bangle, $8, silver-and-yellow ball bracelet, $11, and thin pink bangle, $6, all Lulu's, lulus.com; silver pyramid stud bracelet, Sequin, $32, call 212-398-7363 to order.
sandals
Sizes 6–10, Mia, $69, Macy's.

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floral



Sizes XS–XL, Liberty of London for Target, top, $20, and bottoms, $20, target.com





Sizes XXS–XXL, American Eagle Outfitters, top, $30, and bottoms, $25, ae.com



Sizes S–XL, AMI Clubwear, $24, amiclubwear.com





Sizes S–L, Agua Doce, $95, butterfliesandbikinis.com







Sizes XS–L, Hurley Swimwear, top, $49, and bottoms, $45, swimspot.com





Sizes XS–XL, Toes on the Nose, $100, canyonbeachwear.com



Sizes XS–XL, Gap, top, $35, and bottoms, $35, GapBody stores



Sizes S–L, Gossip Girl, top, $36, and bottoms, $32, malibuswim.com



Sizes XS–L, Quiksilver, $98, quiksilver.com





Sizes S–XL, Candie's, top, $32, and bottoms, $32, select Kohl's





Sizes XS–L, Jessica Simpson, top, $38, and bottoms, $50, jessicasimpsoncollection.com



Sizes S–L, Gossip Collection, top, $43, and bottoms, $34, gossipcollection.com



Sizes S–XL, Kenneth Cole Reaction, top, $58, and bottoms, $60, Dillard's







Sizes S–L, Billabong, top, $40, and bottoms, $40, billabong.com





Sizes XS–XL, B. Swim, top, $48, and bottoms, $48, bestswimwear.com



Sizes XS–L, Sofia by Vix, top, $54, and bottoms, $50, dianesbeachwear.com



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stripes



Sizes S–L, Gossip, top, $34, and bottoms, $30, gossipswim.com





Sizes S–L, RYGY, $99, pescaboutique.com



Sizes S–L, Raisins, top, $42, and bottoms, $42, roxy.com





Sizes S–XL, Hobie, top, $34, and bottoms, $34, sportchalet.com



Sizes 6–14, Tommy Hilfiger, top, $71, and bottoms, $47, Macy's



Sizes S–XL, AMI Clubwear, $24, amiclubwear.com





Sizes XS–XL, L*Space, top, $64, and bottoms, $68, jackssurfboards.com





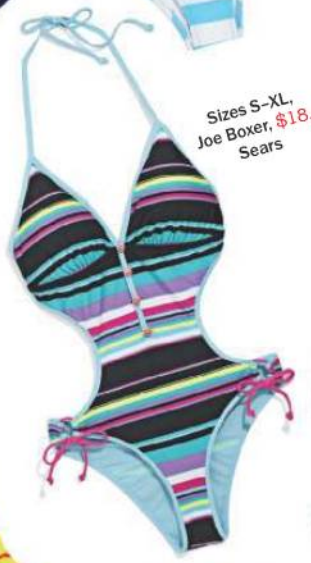
Sizes 4–12, Vitamin A by Amahlia Stevens, top, $50, and bottoms, $50, dianesbeachwear.com





Sizes S–XL, Reef Swimwear, top, $43, and bottoms, $45, select Dillard's





Sizes S–XL, Joe Boxer, $18, Sears



Sizes XS–L, Rip Curl, top, $40, and bottoms, $38, Rip Curl stores





Sizes XS–XL, Volcom, top, $42, and bottoms, $42, volcom.com





Sizes XS–XL, Seafolly, top, $55, and bottoms, $55, seafolly.com





Sizes XS–XXL, Old Navy, top, $17, and bottoms, $17, Old Navy stores





Sizes S–XL, Decree by JCPenney, top, $20, and bottoms, $20, JCPenney





Sizes S–XL, Hobie, top, $34, and bottoms, $34, Dillard's



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swimsuit
Sizes XS–XL, Aéropostale, top, $18, and bottoms, $18, Aéropostale stores.
bangles
From elbow to wrist: Purple bangle, Alexis Bittar, $65, alexisbittar.com; lilac bangle, Alexis Bittar, $115, alexisbittar.com; thick pink bangle, Urban Original, $5, urbanog.com; thin hot pink bangle, Alexis Bittar, $85, alexisbittar.com; red bangle, A.V. Max, $40, avmax.com; lavender bangle, Alexis Bittar, $65, alexisbittar.com; violet bangle, A.V. Max, $40, avmax.com; fuchsia bangle, Alexis Bittar, $65, alexisbittar.com; clear bangle, A.V. Max, $40, avmax.com.

Fashion Stylist: Kristin Rawson at See Management. Hair: Aviva for Morrocanoil at Tenfoldtalent.com. Makeup: Rachel Goodwin for Chanel Cosmetics.
Manicure: Jenna Hipp for SpaRitual/Celestineagency.com. Prop Stylist: Props by Art Works Hollywood, Inc. Still Lifes: Jesus Ayala/Studio D. Still Lifes Stylist: Claire Tedaldi for Halley Resources.

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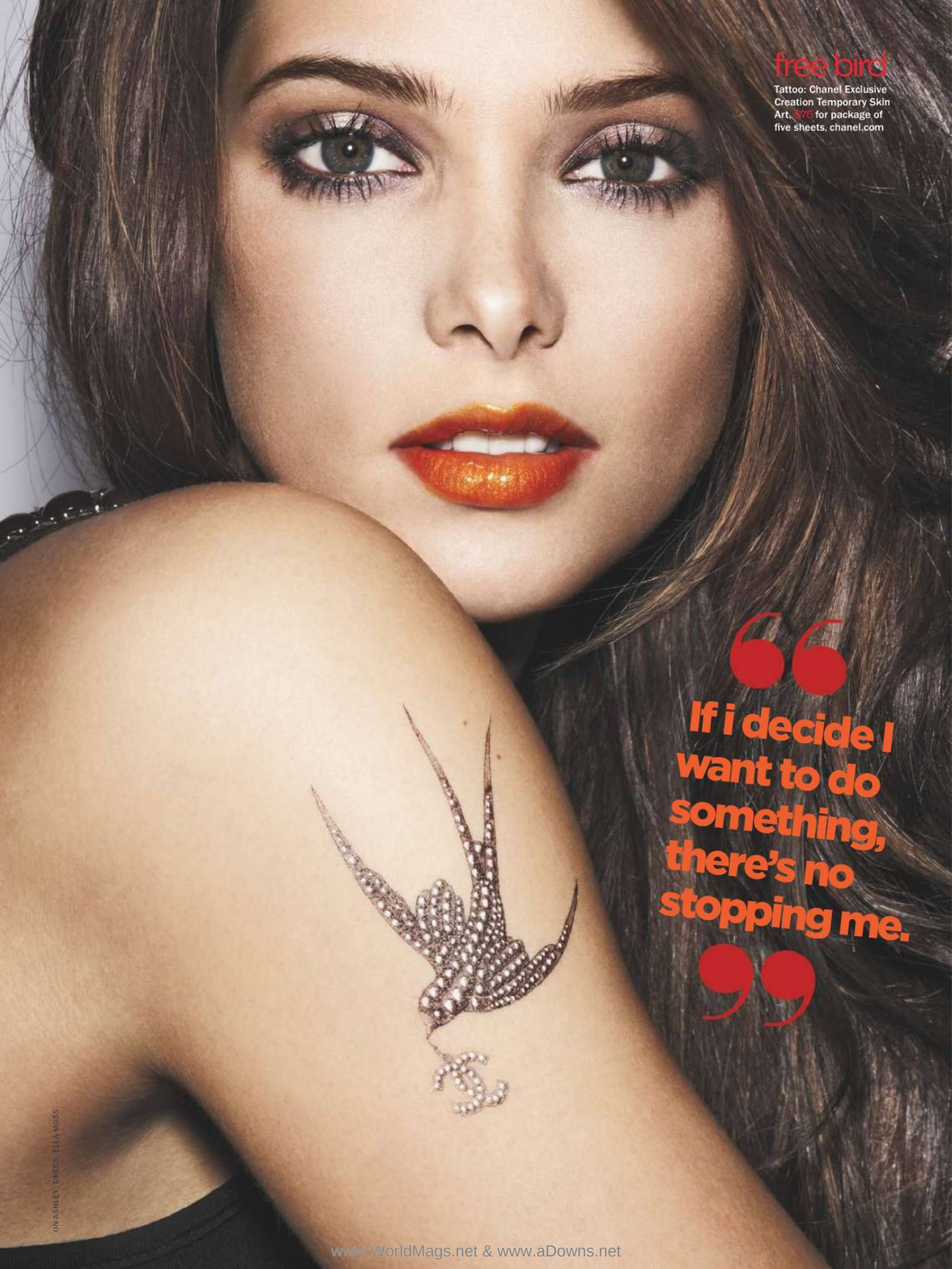
ashley greene

HER *TWILIGHT* COSTARS HAVE GOTTEN TONS OF FAME—NOW *SHE* WANTS TO TAKE A BIG BITE OUT OF HOLLYWOOD.

by patty adams martinez

photographs by jonty davies

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true blood

Lipstick: Chanel Rouge Allure Luminous Satin Lip Color in Romantic, $30, department stores.
Tattoo: Chanel Exclusive Creation Temporary Skin Art, $75 for package of five sheets, chanel.com.

ON ASHLEY: DRESS, SOPHIA EUGENE.

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You might say that Ashley Greene went through hell to become a vampire. While the 23-year-old actress is about to hit a high point in her career—her character, Alice Cullen (Edward's sister and Bella's best friend), takes center stage in this summer's *The Twilight Saga: Eclipse*—it wasn't that long ago that she was struggling just to get a break. As a teenager in Jacksonville, Florida, Ashley knew in her heart that she wanted to be an actress. She worked a string of after-school jobs to make her own money, just so she could move to Los Angeles as soon as she turned 17. Ashley spent years getting rejected by casting directors and passed over for big roles, but she never let it weaken her resolve. "If I decide I want to do something," she says, "then there's no stopping me." Failure wasn't an option.

Ashley, who admits to being fiercely competitive—in high school, she was a varsity cheerleader, a competitive dancer, and a tae kwon do champion (seriously!)—was even more driven when she got the chance to audition for *Twilight*. She was already a huge fan of the books, so she first tried out for the role of Bella—twice. When she lost out to Kristen Stewart, she shifted gears and read for Alice three times until she finally booked it.

Now despite having a multimillion-dollar movie saga on her résumé, Ashley is still trying to one-up herself. She has *seven* movies coming out in the next two years (including starring roles in *The Apparition,* a horror flick costarring *Gossip Girl*'s Sebastian Stan, and *Butter,* an indie with Hugh Jackman). She may be hard-core when it comes to her career, but off-duty, Ashley knows how to have fun. Best friend and costar Kellan Lutz says she's "like one of the boys—so easygoing and cool." And she's all too happy to gloat about beating her costars in a round of Twilight the Game. That's not the only scoop she revealed from the set: Wait until you read about *the* real behind-the-scenes drama of *Eclipse*!

I learned pretty quickly that you need to be careful who you trust.

17: Was moving to L.A. at 17 a hard change after growing up in Jacksonville?

Ashley Greene: It was tough. I was in this bubble in Jacksonville. I had the same boyfriend for three years, and my parents have been married since my mom was 15 years old—they're completely in love. I came from this ideal upbringing, and then I went away to L.A. and found out that people are cutthroat. I learned pretty quickly that you need to get a tough skin and be careful who you trust.

17: Have you gotten used to how much your life has changed since *Twilight*?

AG: We're truly lucky to be part of this huge phenomenon, but I don't think I've adapted to it yet. *Twilight* has given me an amazing springboard for my career, but I *do* have to be more private about things.

17: It must be hard seeing your love life splashed everywhere. You've been linked to a lot of cute guys, like Chace Crawford, *The Vampire Diaries'* Ian Somerhalder, and Jared Followill of Kings of Leon. What's up with them?

AG: I have gone on dates, but with one of those people, it was our first or second date, and it had gotten blown out of proportion in the press—and then that was pretty much it between us. It's kind of scary when you're trying to get to know someone, and all of a sudden people are saying you're *together*. It makes it hard to have a relationship.

17: You and Kellan seem to be very close. Have you guys ever hooked up?

AG: I've definitely thought about it. *[Editor's note: Hey, Ash, he has too! Turn to page 117!]* He and I met through our agent five years ago, and we've been best friends ever since—and filming together has made us even closer. He's one of my best friends, but if we were going to be romantic, we would have done it years ago! I like having him to talk to about other guys to get

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that male perspective. I really cherish our relationship, so I wouldn't want to mess that up by dating.

17: Are you looking for love right now?
AG: I'm at a point where a relationship wouldn't be a bad thing. It would be fun to experience this with someone I love and care about. But every move we make would be publicized, so it puts a lot of pressure on everything.

17: It seems like people are obsessed with Rob Pattinson and Kristen Stewart's relationship.
AG: It's ironic that they are the ones who are getting thrown into the midst of this crazy whirlwind. There are a lot of outgoing people on the cast—and out of everyone, Rob and Kristen are the most introverted and private. They can be trapped in their rooms for a month and there will still be stories of them being together in London or something. I think that it's really funny that out of everyone in the cast, they're definitely the ones who want the attention the *least*.

17: Girls go absolutely crazy over Rob. Were you ever attracted to him?
AG: When I met Rob, I didn't think twice about him. He's really attractive, but that chemistry wasn't there. He also doesn't understand girls. He gets a lot of attention from them, but he doesn't quite understand it because before *Twilight*, he was just a guy from *Harry Potter*.

17: So what do you think makes him so attractive?
AG: People are drawn to him because there's something really endearing and adorable about him. He would come to set and talk in code about some girl, and we would have to fight tooth and nail to get him to tell us who he was talking about. He would be like, "There's this girl. She texted me. What should I say?" And the girls and I would give him advice on how to respond so he would look cool.

17: Who was the girl? Is it someone we'd know?
AG: I can't say!

17: Well, it's nice that he's comfortable opening up to you.
AG: We're all supportive of each other. You need that safe atmosphere to really artistically express yourself. When we're all going through embarrassing stuff, we help each other rather than laugh at each other.



17: What kind of embarrassing stuff?
AG: Like, when we had just gotten to the set, they made us take this cat class to loosen us up. So we all had to jump around and act like we were cats. Even though everyone was doing it, it was one of the most embarrassing moments, because literally you're on the floor, rolling around and meowing.

17: You guys seem like a really close crew.
AG: I actually feel like we're in high school. We're filming together for a year, then we go to summer break, and then we come back. And each time we come back, I think we get a little closer—we know each other a little bit better. It's really nice to come back to these people.

Fashion Stylist: Beau Quillian at Atelier Management. Hair: Mark Townsend for Moroccanoil at Tenfoldtalent.com. Makeup: Francesca Tolot for Cloutier Agency/Dior Beauty. Manicure: Kimmie Kyees for Orly/Celestineagency.com.

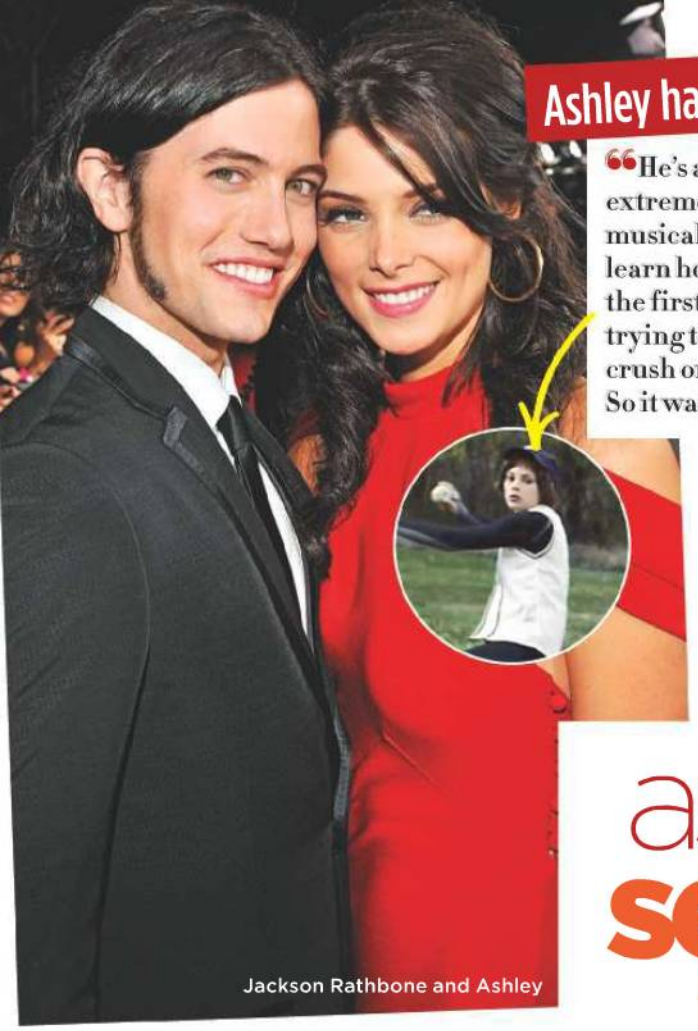
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ashley's secrets from the set!

Alice can see the future, but Ash sees everything else—and she's filling you in!

Ashley has a crush on Jackson!

"He's a great guy. He's so extremely talented, both musically and on-screen. I had to learn how to throw a baseball for the first movie, and he was there trying to teach me. I had such a big crush on him, but I clearly sucked. So it was totally embarrassing."



Jackson Rathbone and Ashley



Kristen Stewart

Kristen is a girly girl!

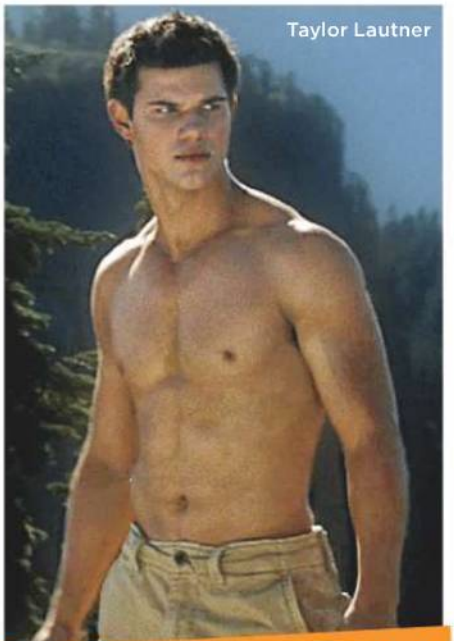
"She gets giddy and excited, and likes to have fun. She's as much of a giggly little girl as the rest of us. A lot of people don't see her like that because I don't think she lets her guard down in front of people."



Robert Pattinson

Rob is so shy!

"He's really awkward and uncoordinated. Sometimes he'll just ramble and keep talking, and say things he doesn't understand. It's humorous. But he's a genuinely nice guy."



Taylor Lautner

Taylor is really a puppy dog!

"If Taylor and I had to fight a real street fight, I'd probably win—because he's such gentleman!"



Kellan Lutz and Nikki Reed

They're all big flirts!

"There are so many couples in the film, so we all embraced that. There was a lot of roughhousing. Kellan would flirt with Nikki, and Jackson and I would be dancing around. It was very innocent, but we were all flirting with each other."

GREENE AND RATHBONE: WIREIMAGE. STEWART: WIREIMAGE. PATTINSON: SALEEM ELATAB-AHMADELATAB/SPLASH. LUTZ AND REED: GETTY IMAGES ENTERTAINMENT.

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PARTY GIRLS

WHAT'S A FUN NIGHT OUT WITHOUT A FLIRTY DRESS TO MATCH?

PHOTOGRAPHS BY BROOKE NIPAR

dress
Sizes XS–XL, O'Neill, $46, oneill.com.
necklaces
Blue fringe necklace, American Eagle Outfitters, $20, ae.com; multistrand necklace, Express, $35, select Express stores.
sunglasses
Quay Eyewear, $32, Fred Segal boutique.
bracelets
On right arm: Turquoise bracelet, AMI Clubwear, $9, amiclubwear.com; silver bracelet, JCPenney, $17, JCPenney. On left arm: Beaded bracelet, Ettika, $48, ettika.com.
rings
Turquoise ring, $9, and silver ring, $11, both Lulu's, lulus.com.

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dress
Sizes S–L, Lulu's, $52, lulus.com.
headband
Girlprops, $5, girlprops.com.
necklace
JCPenney, $21, JCPenney.
bracelets
Thin pastel bangles, A.V. Max, $25 each, avmaxaccessories.com; gold, turquoise, and orange bangle, Bombay Fashions, $20 for set of three, bombayfashions.com; patterned bangles, Coach, $98 each, Coach boutiques.
ring
Lulu's, $5, lulus.com.

dress
Sizes S–L, Johnny Martin, $50, getthatstyle.com.
necklaces
Gold necklace, $22, and ball necklaces, $17 each, all Lulu's, lulus.com.
bangles
On right arm: Beaded bangle, $12, and embroidered bangle, $12, both Lulu's, lulus.com.
On left arm: Beaded bangles, Bombay Fashions, $20 each, bombayfashions.com.
clutch
Lulu's, $24, lulus.com.

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dress
Sizes S–L, Collective Concepts, $78, lolasboutiqueonline.com.
earrings
Urban Original, $6, urbanog.com.
necklace
Urban Original, $12, urbanog.com.
shoes
Sizes 6–11, Baby Phat by Kimora Lee Simmons, $79, select Macy's.

dress
Sizes S–L, Celebrity Pink, $50, celebritypinkjeans.com.
headband
Jennifer Ouellette, $40, jenniferouellette.com.
bangles
On right arm: Hammered silver bangle, AMI Clubwear, $5, amiclubwear.com; textured bangle, Lulu's, $14, lulus.com. On left arm: Jeweled cuff, AMI Clubwear, $4, amiclubwear.com; thin bangle, Lulu's, $11, lulus.com.

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dress
Sizes 2–12, H&M, $13, H&M stores.
hat
Eugenia Kim for Target, $17, select Target stores.
cuff
JCPenney, $13, JCPenney.
necklaces
Coral necklace, M. Haskell, $18, call 212-764-3332 to order; silver necklace, Forever 21, $11, Forever 21 stores.
bag
Chinese Laundry Bags, $66, chineselaundrybags.com.
belt
AMI Clubwear, $8, amiclubwear.com.
shoes
Sizes 6–10, Kelsi Dagger, $100, zappos.com.

ON MODEL (OPPOSITE PAGE, RIGHT): TANK, ANTSY.

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dress
Sizes S–L, Lulu's, $31, lulus.com.
earrings
Target, $8, select Target stores.
necklaces
Black necklace, JCPenney, $24, JCPenney; pink chain necklace, $44, ninewest.com.
bangles
Thin blue bangles, $10, and thick blue bangle, $12, all Lulu's, lulus.com.
belt
AMI Clubwear, $8, amiclubwear.com.
sandals
Sizes 5–11, Colin Stuart for Victoria's Secret, $109, victoriassecret.com.

ON MODEL, THIS PAGE: DRESS (UNDERNEATH), HURLEY. ON MODELS, OPPOSITE PAGE: (LEFT) RING ON RIGHT HAND, BABY PHAT; (RIGHT) BAG, URBAN ORIGINAL.

Fashion Stylist: Leanne Ford at Leanneford.com. Hair: Staci Child at Defacto for Redken/Cutler Salon.
Makeup: Fabiola for Makeup Forever at The Wall Group. Manicure: Elle for Barielle.

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dress
Sizes 2–12, Topshop, $100, topshop.com.
sunglasses
Quay Eyewear, $25, Fred Segal boutique.
necklace
JCPenney, $21, JCPenney.
cluster ring
JCPenney, $13, JCPenney.
bangles
Thin bangle set, $14, and link bangle, $14, all JCPenney, JCPenney.
shoes
Sizes 5½–11, Paris Hilton Footwear, $99, barefeetshoes.com.

dress
Sizes S–L, Lulu's, $37, lulus.com.
hat
Eugenia Kim for Target, $17, select Target stores.
necklace
Forever 21, $7, Forever 21 stores.
bangles
Bombay Fashions, $20 for set of three, bombayfashions.com.
ring
Lulu's, $12, lulus.com.
shoes
Sizes 6–11, Forever 21, $21, select Forever 21 stores.

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SOME LIKE IT HOT!

THIS SUMMER, WHEN EVERYONE ELSE IS SWEATY, SHINY, AND FRIZZY, *YOU'LL* MAKE LOOKING GOOD A BREEZE. HERE'S HOW.

BY YESENIA ALMONTE

PHOTOGRAPHS BY ONDREA BARBE

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SHINE DOWN

When the temperature rises, make sure out-of-control oil doesn't wreck your face. Layer a mattifier under your makeup to absorb oil and keep your skin shine-free all day!

ON MODEL: DRESS, H&M.

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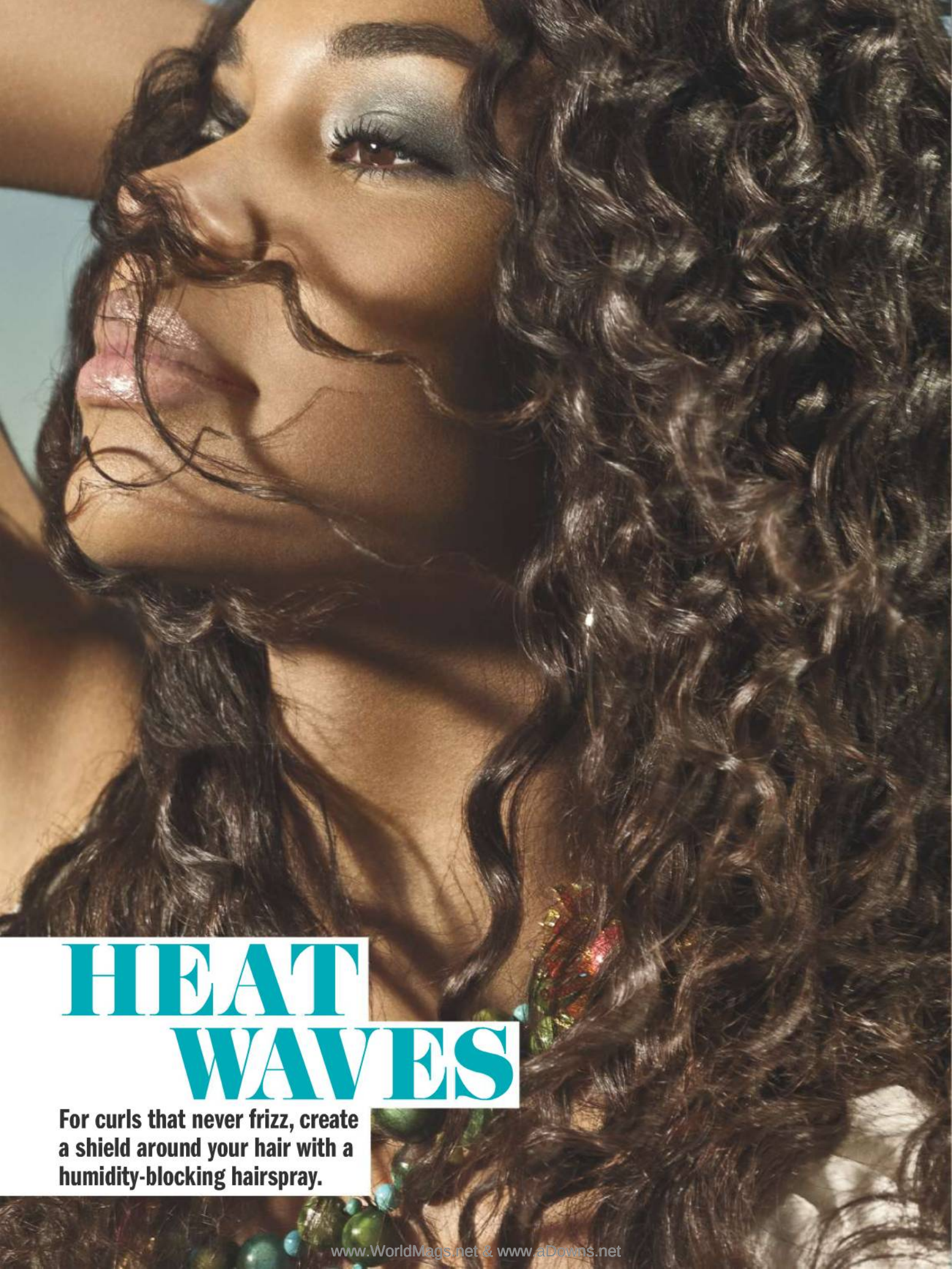
SUN STROKES

On those long summer days, keep your makeup simple—a budgeproof liner adds instant drama *and* won't slide down your face.

ON MODEL: EARRINGS, RACHEL RACHEL ROY.

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HEAT WAVES

For curls that never frizz, create a shield around your hair with a humidity-blocking hairspray.

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ON MODELS: (OPPOSITE PAGE, TOP) THE ADDISON STORY: NECKLACE, ALEXIS BITTAR; (THIS PAGE, LEFT) TOP, LULU'S; SWIMSUIT, COVER STYLE; BRACELET, ALEXIS BITTAR; (THIS PAGE, RIGHT) TOP, REBECCA TAYLOR; BRACELETS, BOTH ALEXIS BITTAR

HOT TIPS

Don't let the sun's rays or the gritty beach dull your nail color. Stop it with an ultra-shiny UV-protecting base and top coat.

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RISING TEMPS

Get hair-raising body with a volumizing mask—one with wheat, soy, and keratin will plump up fine strands so they won't fall flat.

Fashion Stylist: Betsy Mullinix. Hair: David Cruz for Redken/Cutler NYC at Raybrownpro.com.
Makeup: Kyriaki Savrani for Dior at Factory Downtown. Manicure: Donna D for Inglot at Artistsbytimothypriano.com.

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MAKE IT PRETTY, MAKE IT LAST

HEATPROOF YOUR LOOK WITH THESE SCORCHING SUMMER BEAUTY SECRETS.





try: Urban Decay De Slick Oil-Control Makeup Setting Spray, $29, Macy's

HOW-TO: For a shine-free face all day, prep skin with a mattifying spray before *and* after you apply makeup. Hold the bottle eight inches away from your skin, close your eyes, and mist face three times.



HOW-TO: To prevent your eyeliner from disappearing, use a smudge-resistant one and line just your top lashlines. (The bottom lashlines tend to be oilier.) Keep eyes closed for 30 seconds to let the liner set.



try: L'Oréal Paris HIP Studio Secrets Professional Chrome Eyeliner in Silver Lightning, $10, drugstores



try: Living Proof Hold Hairspray, $24, Sephora stores



HOW-TO: Get all-day frizz protection by spritzing dry styled hair with this soft-hold humidity-blocking hairspray. Apply all over from six inches away in two quick sweeps.



HOW-TO: For a fresh-looking mani, apply a base coat of this UV protectant, then swipe on two coats of your polish. Finish with a top coat of protectant.



try: Rimmel London Lasting Finish Pro Enamel Base & Top Coat with UV fade protection, $4, drugstores. On models: Topshop Make Up Nails in Gone Fishing and Parma Violet, $10 each, topshop.com.





try: Ojon Volumizing 2-Min Hair Mask, $34, ULTA stores

HOW-TO: Keep your hair from going flat with a volumizing mask. After you shampoo, apply it from roots to ends, leave on for two minutes, then rinse.

ON MODEL: DRESS, LULU'S. STILL LIFES: J MUCKLE/STUDIO D.

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MAIN PHOTOS, HERE AND ON LAST PAGE: MATTHEW SALACUSE. SITTINGS EDITOR: BETSY MULLINIX. HAIR & MAKEUP: ERICA WHELAN. 17 STATISTICS SOURCE: THE PARTNERSHIP/METLIFE FOUNDATION ATTITUDE TRACKING STUDY, 2009. BASED ON CHANGES IN DRUG USE FROM 2008 TO 2009.

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HIGH TIMES

Pot can be easier to get than cigarettes and alcohol, yet it can be more dangerous and destructive. So why are more teen girls smoking marijuana than ever before?

BY HOLLY EAGLESON



It's the same scene at parties everywhere, or when any group of friends is just hanging out on a random Saturday night in someone's basement: If someone cracks a beer or lights a cigarette, you probably treat it like no it's big deal. If you don't want to drink, you can always just say you're driving or can't get busted by your parents for beer breath. And maybe you're not into smoking cigarettes, but not doing it doesn't make you feel lame—no one really thinks twice if you don't want one. But if someone busts out a joint or a bowl, you may find yourself torn: On the one hand, pot seems harmless enough—you've never heard of anyone *dying* of a pot overdose, and it's supposed to be all natural, right? Plus, it seems like something different to do that would make a boring weekend way more interesting. On the other hand, you may have that nagging feeling: Could you get arrested if anyone found out? Could your pot be laced with something that could kill you? Will it make you feel out of control, or make you sick? Will you get paranoid and freak out? But even those scary scenarios almost seem . . . *exciting*—they make you feel like you'd look brave for trying something new, like you're more experienced and cooler.

The thing is, pot *does* affect your body in harmful ways. It drains your memory power and makes you move slower (dangerous when you're driving or in a car with someone who's high). It could make you gain weight and get acne. And the scary reality is that pot is stronger than ever, and is often linked to psychosis, meaning it could make you hallucinate, and in some people, set off symptoms of schizophrenia. Still, more girls are smoking pot: The number of high school girls using marijuana rose 29 percent from 2008 to 2009 after years of *dropping*. And when the pressure to smoke pot seems high and the risks of doing it seem low, it can be easy to convince yourself that you can handle it. But it's not that simple. Read on for stories from real girls who *thought* their use was no biggie—until they got seriously burned.

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"I thought it would make my guy love me more."

"Freshman year of high school, I started hanging out with this senior Dave*. He was a cute soccer player, and I felt cool to have a senior looking at me. He was always saying nice things to me, and I totally fell for him.

After about seven months of dating, we went to a party and I walked outside and saw him smoking pot. I was shocked: I thought he didn't want to do drugs because he was such a big athlete. When I asked him about it, he said he only smoked 'once in a blue moon.' But then he asked, 'Would you do it with me?' I wasn't the kind of girl who did drugs, but I liked the idea of doing something new with him, and I was so into him that I didn't want to say no. So I agreed. After that, we started smoking together occasionally. At first, I didn't like it or see the need for it—it's not like we were uncomfortable around each other without it. But he'd joke more when he was high, and we'd spend hours on his roof talking. It made me feel like we were in our own world, and soon *I* was the one asking him to get high with me, so we could be in that world together.

23% of high school girls say they smoked in the past month.

But after about a year and half, Dave started changing out of nowhere. He wouldn't return my calls, and I didn't know what I'd done to push him away. I was *devastated*—I felt like my life had no meaning without him. So when a friend offered me a joint to help me numb the pain, I took it—it was the only thing that helped me not feel like crying. I thought it made me *seem* happier too, and that if Dave could see how much fun I was, he would want me back.

I kept smoking *all* the time—to the point that I failed my classes and had to switch schools. But I was too spaced out to think about the consequences of failing, and I felt like life and school had no point since Dave wasn't a part of either anymore.

On my 18th birthday, everyone was partying at someone's house, and I decided to 'celebrate' by taking a puff from pretty much *everyone's* drugs. The last thing I remember is passing out on the porch. When I awoke, I was in a hospital bed hooked up to an IV: Being so high, I'd been oblivious to how much I was drinking too. The doctors told me I could have *died*! I knew *right* then I had to stop living this life where the only thing getting me through was pot.

*Name has been changed.

Quitting was harder than I thought it would be. I started taking school more seriously and I even joined the track team and stopped smoking during school hours. But I still smoked at parties and at home alone. I would get high just so I could go to sleep and stop thinking about how much I *still* missed Dave.

Then one day in my senior year, a social worker at school called me into his office. 'I'm not here to make you stop using,' he said. 'I'm here to make you realize there are other things that can make you happy.' And that's when it *really* hit me: Smoking pot was my way of distracting myself from the breakup—but it wasn't a way of *dealing* with it. I needed to stop smoking and get on with my life. So I cut out pot completely, and within just a few weeks, my grades started improving and I felt more together. Feeling better made me want to *stick* to not smoking. I threw myself into my schoolwork and *anything* that would distract me from wanting to smoke. And my senior year, I graduated with honors and got into college. But what makes me feel more confident than what I was able to accomplish is how I *feel:* What I thought happy felt like when I was high doesn't compare to how good I feel today *without* drugs. I'd thought pot was helping me get by—but it was just holding me back." **–jess, 19**

"I kept smoking all the time—to the point that I failed my classes."

does your BFF need an intervention?

Marijuana can derail your life. So use this checklist to figure out if a friend has crossed over into risky territory.

- **She's MIA.** She's stopped hanging out with friends who don't smoke. And she has spaced on responsibilities at home or work.
- **She's blah.** She no longer cares about things that used to seem fun to her, like sports, shopping, or hobbies. She is constantly tired and making excuses about why she can't hang out.
- **She's reckless.** She has driven while high or ridden in a car with someone who has been drinking or smoking pot, or she's had an unplanned hookup or unprotected sex while she was high.
- **She's spacey.** She blanks on what she did when she was smoking or seems more forgetful in general, even when she's not high.

If you answer yes to any of the above, talk to your school counselor or go to drugfree.org and teens.drugabuse.gov for ways to help your friend—or yourself.

BACKGROUND PHOTO: GROVE PASHLEY.

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keep it moving If someone passes you a joint, it's okay to pass it along *without* taking a hit.

"I smoked to cope with stress."

"My mom had a tough time making ends meet after my parents divorced when I was 14. She was always picking big fights with me over little things because she was so stressed. One weekend, I went to my friend's house to escape my mom's mood, and some kids were smoking pot. I thought it was harmless, so I took a puff. And within minutes, I felt a wave of relief; I smiled for the first time in *months*. So I couldn't wait to smoke again the *next* day. I kept smoking over the next few months, until I was doing it every day for hours.

Eventually my mom got a job and I was old enough to get one too. We weren't as stressed and we got along better, so I didn't smoke for seven months—it was easy to give it up when my life was going well. But then my mom was laid off *and* I broke up with my boyfriend. I felt so anxious that I started smoking again. Soon, I couldn't sleep without smoking. My grades slipped, but stressing about it made me want to smoke *more*.

But a few months later, something weird happened. No matter how much I smoked, the weed didn't give me a calm feeling. I'd hit a wall: There just wasn't a reason to smoke. So that night, I vowed to quit—and did.

Since I quit, I feel *less* stressed. The problem with smoking to forget your troubles is that you forget everything else too. I'm still tempted to smoke when I'm upset, but I handle it by pulling out a list of goals I wrote down to remind myself how much *more* I want from my life." **–jessica, 18**

"I started smoking to fit in."

"The first time I tried pot in eighth grade, I was at a party where everyone was a bit older. I felt out of place, so when someone offered me a hit, I said yes. Instantly, I was a more comfortable version of myself. I started smoking more and more, and by high school graduation, I was doing it at least four times a week. But the more I smoked, the less I cared about school or sports or going to college. All I cared about was smoking with friends. Last August, I ran into a guy I knew who asked if I wanted to make money selling pot. It seemed like easy cash, so I paid him $135 for 12 plastic baggies of weed, put them in an eyeglass case in my purse, and forgot all about it.

A few days later, I went shopping. And on the ride home, I realized I'd left my purse—with the pot!—on the checkout counter. I went back into the store, and when I asked a greeter if he'd found it, he told me to wait. After about 20 minutes, a detective with a gun on his hip came toward me; I was *terrified*. He took me to the police station, where I told the truth about where I'd gotten the weed. A few hours later I was released—but two months later, I went before a judge, who sentenced me to 30 days in county jail for 'felony possession' and 'intent to deliver.' I was hysterical and *ashamed*—the court was full of people who knew me.

"A judge sentenced me to 30 days in jail for 'felony possession' and 'intent to deliver.' "

The first few days in my cell, all I did was cry. But I had no one to blame but myself. So I thought hard about how to change, and after 24 days in jail, I was released for good behavior. Now I don't hang out with smokers, *and* I'm going to college. It killed me to read my sister's letter in jail about how much she missed me. And I'm just now fixing things with my parents. I never realized how many people could suffer, just so I could have a good time." **–cindy, 19**

buzzkill

Weed isn't just more popular—it's also more *dangerous* than ever. Here's why:

It's addictive. **Teens are three times more likely to get addicted to pot than adults—even if you're not a regular hard-core smoker.**

It messes up your mind. **Daily use of marijuana for girls makes you five times more likely to be diagnosed with depression or anxiety.**

It makes you sick. **Just one joint has as many cancer-causing chemicals as five cigarettes.**

17 EXPERTS: **Christian Thurstone, M.D.,** assistant professor of psychiatry and substance abuse treatment, education, and prevention program at Denver Health & Hospital Authority; **Mary Irene Cooper,** chief, Congressional and Public Affairs, Drug Enforcement Administration; **Krista Lisdahl Medina, Ph.D.,** assistant professor of psychology at University of Cincinnati; **Greg Williams,** codirector, Connecticut Turning to Youth and Families; **Kevin M. Gray, M.D.,** assistant professor, Youth Division Department of Psychiatry and Behavioral Sciences, Medical University of South Carolina; **Jennifer Epstein, Ph.D.,** assistant professor of psychology in public health at the Weill Cornell Medical College; **Joan L. Bottorff, Ph.D., RN, FCAHS,** director, Institute for Healthy Living & Chronic Disease Prevention, University of British Columbia/Okanagan; **White House Office of National Drug Control Policy; National Institute on Drug Abuse; The Partnership for a Drug-Free America.**

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TRAUMARAMA!

***Everyone* has had humiliating moments.**

surprise visit

"I was at my friend's pool party flirting with my crush when he invited me to come sit next to him on his towel! We chilled and talked for a while, but I felt kind of crampy. I wasn't supposed to get my period yet, so I ignored it. After about half an hour of chatting with him, I went to the bathroom. I couldn't believe I had started my period and bled through my swimsuit! I went back outside with a towel wrapped around me and noticed him saying bye to everyone. When he came up to me, he said, 'Did you know you bled on my towel?' I turned bright red and apologized like crazy. Ugh!"

stick-y situation

"My family is really close to my crush's family, so we were over at their house one weekend four-wheeling. We went by this place in the woods where he said he goes when he wants to be alone. Then he started leaning forward, and I thought he was going to kiss me, so I just went for it! He got all tense and pushed me away, asking 'What are you doing?' It turns out I had a stick in my hair that he was going to take out. We quickly jumped on the four-wheelers and rode back to where everyone else was. We didn't talk about it the rest of the day, but things sure were awkward between us!"

drive me crazy

"I was in a driver's ed lesson and we had to go pick up my crush who had signed up to drive on the same day. He got into the car, and I was more than excited! I wanted to show off my driving skills, so I backed out of his driveway quickly. I was so intent on looking cool that I forgot to check my mirrors and ended up running over his new skateboard that was on the sidewalk. Not only did he get mad at me when it happened, but our teacher also yelled at me right in front of him!"

bikini blunder

"I went surfing one day with my guy friend. One of the waves made me crash, and for some reason every time I tried to get back up, I fell down. Finally I gained my balance and noticed my friend kept looking at me funny. Then I looked down and saw that one of my nipples had popped out of my swimsuit! I felt so embarrassed that I ran to my towel and didn't go back in the water at all that day!"

juicy convo

"Before school one day, I was at the convenience store and my crush walked in. I got all nervous when he came over to chat and I started shaking my bottle of Naked Juice. I guess I hadn't screwed the cap on tight enough, and the juice went flying all over both of us! He was nice about it, but when I saw him later walking around school, he had a big stain going down his shirt. I felt so bad!"

PHOTO WAR

"I was on my crush's Facebook page when I finally mustered up the courage to comment on his hot profile picture. I wrote, 'Cutie! This is gorgeous.' He replied, 'Thanks, you're kind of a gorgeous girl!' Then I commented back 'Aw, thanks!' Then he wrote that he was talking to the girl who had commented before me. Eek!"

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dirty laundry

"I had just gotten my first spray tan and thought I looked great, so I called my boyfriend to hang out. Once he got to my house, we immediately started making out. I heard a text come in on my phone, so I went to see who it was. As I walked back to the couch, I noticed him looking down at his white polo shirt and seeing my spray tan all over it! I guess the stuff hadn't dried yet and had rubbed off all over his clothes. He was *not* into that."

space case

"A bunch of people, including my crush, were at my house hanging out one night when one of the guys asked to use my laptop. He opened up a new tab from the Web site I was on. On the new tab page, it has a list of the most visited Web sites on your computer. One of *my* most visited sites was my crush's MySpace page. The jerk laughed and announced it to the whole room! I was speechless and humiliated! My crush just blushed."

booty call

"I was in the car with my friend, and I had my cell in my back pocket. We were singing loudly and horribly to a Taylor Swift song, and we were having a blast. I went to check my phone to see if my boyfriend had called me back yet. When I looked at my phone, the screen was showing that it was on a call with him! I had accidentally butt-dialed his house phone, and the answering machine had recorded our whole duet! He and his entire family *still* make fun of me to this day!"

fallin' for you

"At the mall, there is a big fountain where everyone hangs out. One day I was sitting on the edge eating ice cream with my friends, when my crush walked by. I screamed his name to get his attention and he came over to sit next to me. I scooted over but lost my balance and fell into the fountain! Everyone around me burst out laughing! He helped me up, but I was soaking wet and had to walk through the mall like that on the way out."

pees in a pod

"One day I was hanging out at the park with some friends and my BFF, Emily. She thought it would be fun to swing with me on her lap. I had to pee but decided to wait, since my mom was coming to pick me up in five minutes. Emily and I starting laughing really hard, and all of a sudden I couldn't stop and I peed my pants! I immediately jumped up and Emily shouted 'Ew!' It had gotten on her too! I wanted to die because she was all wet. My friends thought it was gross and my mom didn't want me to sit in her car!"

tripping out

"One afternoon I went running in my neighborhood and happened to see my crush a little ways ahead of me. We were both listening to our iPods, so I decided the only way I'd get his attention was if I caught up with him. I sprinted and finally got close enough to tap him on his shoulder. Literally the second that he turned around, I tripped over the uneven sidewalk and fell forward. I looked like such an idiot in front of him, plus I scraped my hands and knees. It hurt really bad! He helped me up, but I couldn't run after that, so he went on without me. Then I limped all the way home."

mixed messages

"I had just gotten my period and there weren't any tampons in the house, so I texted my mom and asked her to pick some up for me at the drugstore. A few minutes later, I got a text from my crush saying, 'Um, really?!?' That's when I looked at my message history and realized that I had accidentally sent the text to him and not to my mom! I quickly told him to disregard, but the damage had already been done. I didn't want to go to school the next day and have to face him! But I definitely learned a valuable lesson about double-checking who I'm sending messages to!"



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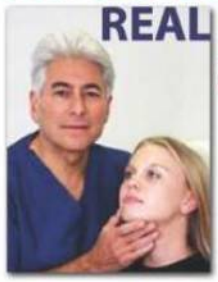






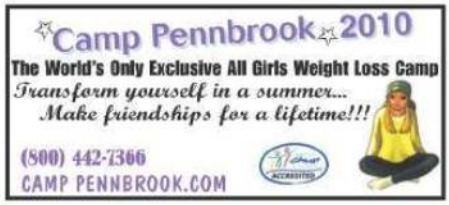


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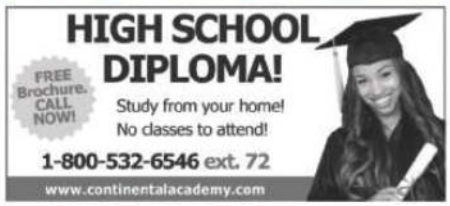


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HOW TO PARTICIPATE IN THE NICOLE BY OPI NAIL LACQUER GIVEAWAY (page 24): Beginning May 25, 2010, bring the coupon on page 24 of the June/July 2010 issue of *Seventeen* to any participating ULTA store to receive your free gift, Nicole by OPI Nail Lacquer. You many also go to **seventeen.com/nicolebyopi** to print out the coupon. Approximate retail value: $8. Ten thousand (10,000) will be given away. One per person. Giveaway ends June 28, 2010, or while supplies last. Once all nail polishes are distributed, there will be no substitute product given away.

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HOW TO ENTER *THE TWILIGHT SAGA: ECLIPSE SEVENTEEN* MAGAZINE HOMETOWN SCREENING SWEEPSTAKES (page 14): Go to **seventeen.com/eclipsescreening** to enter, beginning at 12:01 A.M. ET, May 18, 2010, through 11:59 P.M. ET, June 8, 2010. One (1) Grand Prize winner and up to ten (10) guests will be invited to attend a private screening of the film *The Twilight Saga: Eclipse*. Approximate retail value of the prize: $4,000. See complete Official Rules at **seventeen.com/freebies** for prize description/restrictions, odds, and complete details. Summit Entertainment, LLC, is not responsible for the administration of this Sweepstakes, the collection of entries, or the selection of winners.

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JUNE & JULY HOROSCOPES

by sally brompton



gemini
May 21–Jun 20

June: When you lock eyes with a guy at a party on the 14th, his hot smile will leave you speechless. (Yes, you!) Luckily Venus will help you find the perfect icebreaker!

July: You tend to run from one activity to the next, but when Pluto urges you to prioritize on the 24th, you'll devote one-on-one time to a BFF who's been missing you. You'll both have a blast!

cancer
Jun 21–Jul 22

June: The lunar eclipse on the 26th will show that a rocky romance needs to move to the next level—or end. You'll have to let down your guard, Cancer, and reveal how you *truly* feel.

July: You and an old friend are drifting apart, and you're tempted to walk away. Hold off from deciding until the 6th: The solar eclipse will offer a new perspective.



leo
Jul 23–Aug 22

June: If you've been dreaming of a makeover, go for it on the 6th, when Jupiter sends your glam factor through the roof!

July: Your crush sure is taking his time to ask you out. His loss! By the 22nd, the sun will introduce you to a *new* guy who's a better match!

virgo
Aug 23–Sep 22

June: Mars will send you the motivation you need on the 7th to start your summer project! No doubt your Virgo spark will make it *fun*.

July: Thanks to Venus and Mars, you'll meet a cutie on the 29th. He isn't your usual type, but you two will totally hit it off!

libra
Sep 23–Oct 22

June: On the 8th, Jupiter and Saturn will help you forgive a friend after a long-standing grudge.

July: Good news if you're in need of extra money: Mars will send a great job opportunity on the 29th. You're the kind of smartie who will save it for school shopping!

scorpio
Oct 23–Nov 21

June: Your social life will get a jolt from the sun in Cancer on the 21st: Get ready to be showered with invites!

July: On the 13th, Venus and Pluto will bring a cool friend into your life. You usually need time to warm up to people, but you guys will just click!

sagittarius
Nov 22–Dec 21

June: When Mercury shifts on the 10th, a hottie will send you a flirty text that gives you butterflies. Now it's your move!

July: Even sporty Sags need time to recharge. When Jupiter goes retrograde on the 23rd, you'll have a *whole* weekend to relax. Enjoy!

capricorn
Dec 22–Jan 19

June: When Pluto and Mars team up on the 15th, you'll feel ready to go for your biggest dream. Tap into your Cap discipline to make it come true!

July: You've been punishing yourself for a tiny mistake. On the 31st, Mars and Saturn will help you let it go. Finally!

aquarius
Jan 20–Feb 18

June: With Mars on the warpath on the 4th, you'll come *thisclose* to losing it with a friend. Count to 10, Aqua girl!

July: You've been going back and forth about breaking things off with your BF. The full moon on the 26th will reveal the right choice.

pisces
Feb 19–Mar 20

June: Having trouble deciding on vacay plans? Saturn and the sun will link up midmonth to help you nail down a fun trip!

July: You'll have to deal with *majorly* moody friends on the 11th. (Blame Mars!) But your Pisces optimism will help everyone chill out.

aries
Mar 21–Apr 19

June: When the moon is new on the 12th, you'll get a burst of happy energy. Time to plan one of your famous parties!

July: Your guy has been acting unpredictable, and on the 8th, Neptune will urge you to give him a choice: Either stop with the drama or you're *done*.

taurus
Apr 20–May 20

June: On the 12th, Venus and the sun will boost the chemistry between you and your crush to a hot new level!

July: You and your BFF can't seem to agree on anything lately. Luckily communicative Mercury will help you guys reach a truce on the 9th. Phew!

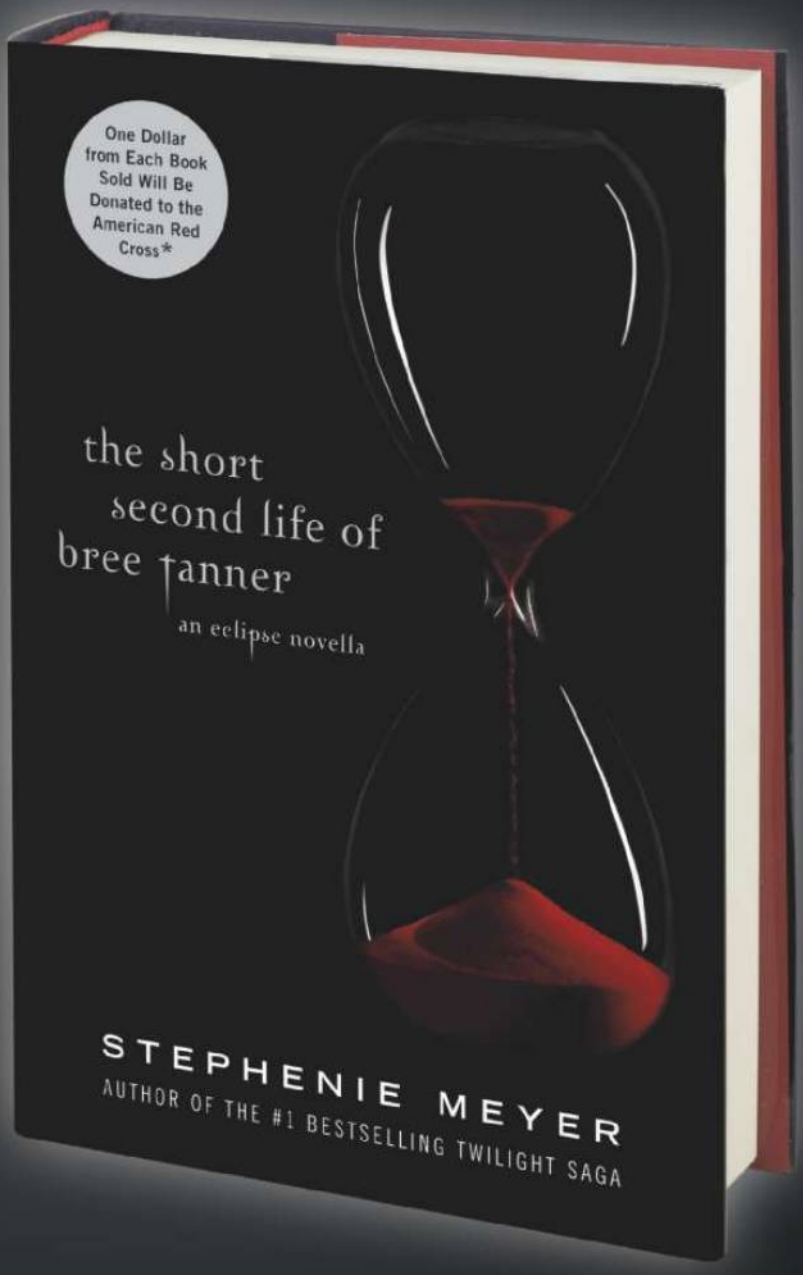
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17 THINGS YOU NEED TO DO THIS SUMMER!

Summer always starts out feeling like it will go on forever, but it never does! Make every day count with these *fun* ideas.

- ☐ **1** Ride a **Ferris wheel** with a cute guy! When you're at the top, you might just be inspired to make a move!
- ☐ **2** Add **pretzels or potato chips** to cookie dough and bake. The salty-sweet mix will ensure even your taste buds have fun!
- ☐ **3** Make a **funny video** with your friends. (These girls made one for Jesse McCartney's "Body Language" at **youtube.com/justsayingtv**.) You'll die over your own bloopers.
- ☐ **4** Take a chance on a guy who's not necessarily your type. A **different kind of guy** will teach you something new about relationships!
- ☐ **5** Host a **fright night.** Break out the scariest movies, then see if you can get to sleep without checking under the bed.
- ☐ **6** Rent a **tandem bicycle** (built for two!) with your BFF for a day.
- ☐ **7** Surprise your friends with a **water balloon fight.** But don't hurl those suckers too hard. They can hurt!
- ☐ **8** **Volunteer** at an animal shelter—it's all of the fun of having a pet without the responsibility of having to scoop his poop.
- ☐ **9** Pick up **guide books** for a country you want to visit.
- ☐ **10** Watch a classic **'80s movie** like *Girls Just Want to Have Fun* (SJP before Carrie) or *Can't Buy Me Love* (early McDreamy!).
- ☐ **11** Make cheese fondue and **wear a beret** in honor of Bastille Day (France's Independence Day) on July 14.
- ☐ **12** Use the ultimate excuse to get close in the dark—take a **midnight swim** with your cutest guy friend!
- ☐ **13** Add strawberry and banana slices to your **s'mores** recipe, just because. *Yummm.*
- ☐ **14** Reread your favorite **children's books.** (Remember *Goodnight Moon* and *A Light in the Attic*?) It's cuddly to reexperience things you used to love.
- ☐ **15** Be **food-fearless** by trying something different—like Indian, Israeli, or Ethiopian specialties.
- ☐ **16** Send a **care package** to a soldier abroad. Check out **opgratitude.com**—you'll get an instant warm, fuzzy feeling.
- ☐ **17** Get noticed at the beach—put a **heart-shaped sticker** on your stomach. (And peel it back to reveal a tan tattoo!)















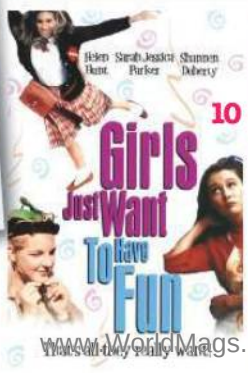














GIRL IN BIKINI AND COUPLES: SAYE (3). FERRIS WHEEL: SCOTT E BARBOUR FOR GETTY IMAGES. COOKIES: PHILIP FRIEDMAN/STUDIO D. FRIGHT NIGHT: PHOTODISC FOR GETTY IMAGES. TANDEM BIKE: PHOTOLIBRARY. BALLOONS: MADELYN MULVANEY FOR GETTY IMAGES. DOG: NACIVET FOR GETTY IMAGES. SWIFT: FILMMAGIC. S'MORE: KARL JUENGEL/STUDIO D. FOOD STYLIST: MARGARETTE ADAMS. INDIAN FOOD: FOODCOLLECTION RF FOR GETTY IMAGES. PACKAGE: DAVE KING FOR GETTY IMAGES.

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DREW BARRYMORE



Lash inserts used prior to application to add fullness but not length.

what are extremely long, no-flake lashes wearing this season? nylon!

lashblast length mascara with nylon

It's the latest look in lashes. With our longest brush yet, lashes look up to 80% longer.*
The Elasta-Nylon™ formula flexes without flaking, so lashes hold their stunning length all day.

Drew Barrymore is wearing Lashblast Length in Very Black. *on average vs. bare lashes.

easy breezy beautiful COVERGIRL

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